

# RE-BIRTHING CULTURE

**For Love of Life – "NaturalNews" – Dr. Sears – How done? – For Love of Life!**

Introduction: To avoid catastrophe our civilization now needs urgent rebirth! We have been led into a trap by arrogant forces! Will we be too stubborn to admit the errors now adopted? Will we change our ways to ways true to our nature? The direction is clear but pride is our burden! Intelligence could ease the burden but that needs goodwill and a change in public philosophy.

We have been led to believe that over-priced, inefficient medications were about money. This indoctrination was to take advantage of the fact that, if they are confident of getting away with it, corrupt humans will kill for a \$million. The truth is harder to believe but, read on, you may find it not too hard.

November/2009

Starting this file I intended it ongoing but bad health and good luck decided otherwise. Over the last year or two you have probably found the following notice in your letterbox or delivered in one way or another. Have you given it any thought? Have you wondered why your government encourages you to take medications that, leftover, need then be treated as toxic waste?

THE NOTICE! (Quote critical section).

*"Unwanted medications can seriously harm the environment, so don't throw them in the garbage, flush them down the toilet or pour down the sink. All*

*expired and no longer needed medications can be returned to your pharmacy for disposal."*

Have you thought that when you take medications it's your life – when you dispose of them, it's their world? We are now so used to the herding fashion in every aspect of our living that we ignore implications. Even those few who do see the iniquity of it tend to do no more than complain to others like-minded.

As our lives become more stifled we ignore that we may have been complaining for fifty years or more to no effect. First hospitals sent us home early because they hadn't room for us and now we see them so over-loaded that they can no longer service demand!

We feared to look to the real cause of our problems because it's too personal to face that our life is our responsibility; so now it's do-or-die personal. But don't despair!

We have been taught to believe we are just animals descended from apes but this is just old un-scientific "plausible theory" and, though indoctrinated to it – it could never be accepted as science.

Accident destroys order! Natural selection can only select from what exists! Order is intellect-designed: every chair, mountain, breathe of air,

the good earth! Our animal bodies cannot be created by evolution, only intellect can design and intellect links humans in image to their creator.

To now, this human generation has been in adolescence! What have we learned? Now it is time that the gift of intellect be used in love of truth, for love of life.

Re-birthing news: So much of news today is a deceitful reconstruct by people-shapers. This, so much so that most just take the easy way and believe as emotions desire! Do those who control news media know how to manipulate emotions-"WOW"- do they!

The evidence you need is on this site.

To give flavour of credibility to all the disinformation and deceit, there has to be a seasoning of truth. Now a few items worth repeating: more to find.

The following should awaken the dead sufficient to open eyes to understanding of how the most powerful people in the world today, have become so misguided as to try to limit population growth by secret poisoning.

They consider us animals; it hasn't worked very well but the little we now see is just the beginning.

In their confusion they continue. What they do apes the false philosophy they force on the world and it seeps deeper. However it is difficult to explain clearly, or more simply, than is

available to caring reading at this and linked sites.

Almost as difficult to understand is why those of us who do see through the frail veil so often then join our oppressors by demanding payment for their insight – in particular in relation to health. But there's hope; growing numbers are prepared to help their fellow humans in love of life. Following samples may relate to both aspects:

**Re-birthing news: Readers will see the following item reproduced in part in on-site revision; I deem its importance justifies this larger presentation from:**

**"NaturalNews", quote:**

*"Public support for the swine flu vaccine is evaporating by the day as the rationale for the vaccine appears increasingly ludicrous to anyone paying attention. Moms, nurses, day care workers and members of the general public are increasingly realizing that Big Pharma's rationale for swine flu vaccination just doesn't add up.*

*Recent polls conducted by the mainstream media indicate that more than fifty percent of moms are refusing to expose their children to the swine flu vaccine, and nurses and health practitioners across the US and UK are going vocal with their opposition to the vaccine.*

*Legal action against the FDA's approval of the swine flu vaccine is*

already underway ([http://www.naturalnews.com/027205\\_v...](http://www.naturalnews.com/027205_v...)), and public protests are gaining momentum in raising awareness about the primary objections to the swine flu vaccine. Intelligent, informed people everywhere are saying NO to this vaccine!

Popular support for the vaccine is crumbling by the day, and health authorities are now turning to exaggerated scare stories to try to drum up demand for their vaccines. Where scientific credibility is lacking, fear is being invoked in its place.

### **Why the swine flu vaccine doesn't add up.**

So why is the justification for the swine flu so flimsy? It all comes down to these five crucial reasons being pushed by the vaccine industry... but as you'll see below, each of these five reasons is demonstrably false!

*Reason #1) The H1N1 swine flu pandemic is dangerous and deadly!*  
*Why it's flimsy: While the infection rate of H1N1 is currently high, the fatality rate is remarkably low. In fact, it's no higher than a normal, seasonal flu.*

*Reason #2) The vaccine protects you from the virus!*  
*Why it's flimsy: There is absolutely no scientific evidence demonstrating that the swine flu vaccine offers real-world protection against the circulating H1N1 virus. While there is evidence showing that it produces antibodies, as people*

*who have studied vaccine effectiveness already know, the mere existence of vaccine-induced antibodies doesn't directly translate into functional, real-world immunity! Vaccines are often, in effect, fabricated immunity that often don't provide practical immune defense in the real world.*

*Reason #3) The vaccine is perfectly safe, even for kids!*  
*Why it's flimsy: This reason is truly laughable. None of these vaccines have been properly safety tested by the FDA or the drug companies. They were approved by the FDA with a waiver, utterly bypassing the normal process of long-term safety testing that the public expects the FDA to enforce. In fact, according to attorney Jim Turner, the FDA's baseless approval of these swine flu vaccines is a violation of federal law.*

[http://www.naturalnews.com/027205\\_v..](http://www.naturalnews.com/027205_v..)

*Reason #4) There's nothing else you can do to protect yourself from the swine flu (therefore you must take the vaccine shot).*

*Why it's flimsy: This reason is an outright lie. In order to sell more vaccines, the pharmaceutical industry (and all its bureaucratic cohorts at the CDC and WHO) are intentionally keeping people ignorant of far safer and more effective options such as vitamin D and anti-viral herbal remedies.*

**"NaturalNews"** (cont.) "Last week, NaturalNews reported public statements

*attributed to Dr. Diane Harper, a researcher who worked on both the Gardasil and Cervarix vaccines. A story appearing in the UK paper Sunday Express, entitled "Jab as deadly as the cancer," quoted Dr. Harper as saying the cervical cancer vaccine might be more dangerous than the cancer it was supposed to prevent.*

*In the time since that story was published, Sunday Express has been under relentless attack by pro-pharma "scientific" journalists, drug companies and even Dr. Harper herself who now claims the entire story was wholly fabricated. In a "skeptics" blog published at The Guardian, Dr. Harper is now quoted as saying, "I did not say that Cervarix was as deadly as cervical cancer. I did not say that Cervarix could be riskier or more deadly than cervical cancer. I did not say that Cervarix was controversial..."*

*Oh really?*

*NaturalNews wonders: Who got to Dr. Diane Harper? Did she change her story after being threatened like many other pharmaceutical researchers have been?*

*To answer this question, we took a trip in the way back machine and gathered some quotes attributed to Dr. Diane Harper by other news sources, including CBS News, US News & World Report, and several other news outlets.*

*Here you'll see what Dr. Diane Harper really has said about Gardasil and HPV*

*vaccines. Here are some of the highlights (sources provided below):*

*"We don't know yet what's going to happen when millions of doses of the vaccine have been given and to put in place, a process that says you must have this vaccine, it means you must be part of a big public experiment. So we can't do that until we have more data." - Dr. Diane Harper*

*"If we vaccinate 11 year olds and the protection doesn't last... We've put them at harm from side effects, small but real, for no benefit... The benefit to public health is nothing, there is no reduction in cervical cancers..." - Dr. Diane Harper*

*"I think there's a strong possibility that Gardasil was the catalyst that set off the ALS [Lou Gehrig's Disease]. It could have been the straw that broke the camel's back in a child who was already predisposed to the condition. I do think it's wrong for physicians to tell parents that it's 100 percent safe." - Dr. Diane Harper.*

*"...neither physicians nor women should be lulled into a false sense of security [about the vaccine]" - Dr. Diane Harper*

*"It is silly to mandate vaccination of 11- to 12-year-old girls There also is not enough evidence gathered on side effects to know that safety is not an issue. This vaccine has not been tested in little girls for efficacy. At 11, these*

*girls don't get cervical cancer - they won't know for 25 years if they will get cervical cancer. ...To mandate now is simply to Merck's benefit, and only to Merck's benefit." - Dr. Diane Harper*

*"Dr. Harper is afraid that the way the vaccine is being presented could actually have the effect of increasing the rate of cervical cancer in the U.S." - Michele Cagan, who interviewed Dr. Diane Harper for the Health Sciences Institute.*

*Editor's note: This story has been updated since first being published. The Sunday Express story originally quoted here has been pulled. We suspect the intimidation of Dr. Harper to retract her statements may be a factor. Read full details in this updated report: [Here are the full quotes \(and links\) from each of these sources \(note that words in quotation marks are attributed directly to Dr. Diane Harper\):](#)*

*(NaturalNews) One of the key researchers involved in the clinical trials for both Gardasil and Cevarix cervical cancer vaccines has gone public with warnings about their safety and effectiveness. This highly unusual warning against these vaccines by one of Big Pharma's own researchers surfaced in an exclusive interview with the Sunday Express in the UK over the last few days. There, Dr. Diane Harper openly admitted the vaccine doesn't even prevent cervical cancer, stating, "[The vaccine] will not decrease cervical cancer rates at all."*

*This is astonishing news. The whole push behind the cervical cancer vaccines is based on the belief that they prevent cervical cancer. That belief, it turns out, is a myth.*

*Dr. Harper also warned that the cervical cancer vaccine was being "over-marketed" and that parents should be warned about the possible risk of severe side effects from the vaccine. She even concluded that the vaccine itself is more dangerous than the cervical cancer it claims to prevent!" End quote.*

Lifetruth, Editor: Good one – Thank you Dr. Diane Harper, however the Globalist-humanists may punish you, you, as a human forever remain a winner. That's the way we need to go and those not prepared to go so far must accept that our world has fifty years of experience to say they will achieve nothing; cover-up of shy effort is effective! To be serious about exposing the shame of our culture help explain and spread the truth of our shameful philosophy.

The sole purpose of Big Pharma/humanism only becomes clear as population reduction when viewed in honest light of world events. Over-population is a serious problem caused by it being hidden from the people. It will soon become obvious in its consequences. What has been done so far can be likened to fattening the lamb for its sacrifice: that is, to evolution's god, for animal power.

Everything done over (more than) the last fifty years has been destructive of the human potential and contrary to the needs of the human future. This could only have been achieved by deliberate planning, the evidence is on this site.

### **Now some free-range magic.**

All medications, whether natural or created for profit and manipulation, work differently on different people. The big difference between the natural and the synthetic is that the natural tend to work more effectively and without the pain and dangerous side-effects of synthetics. Could the artificial be developed to work even better than the natural – perhaps, but when we see in honesty, we know that is not what it is now designed to do.

I have no time to personally test all reports but have kept myself almost free of that stiffness we tend to get in our hands and arms after years of living on over-refined foods and artificial additives.

I followed advice in a magazine about a plant called "Swamp Pennywort", growing wild in Australia. Eat 3 leaves a day for about six weeks to cure this condition. I bought a plant, grew it in a pot, ate the leaves (with stems) and it worked. My hands at that time were just starting to stiffen-up and I was beginning to have difficulty lifting above shoulder high.

I kept that plant for years but a move into a retirement home separated us. When the condition started to re-appear

I found I could get it in capsule form but also heard of another cure for this problem that may work more quickly.

### **Gin and Raisins (or Sultanas)**

I believe those made from white grapes are more effective. I use the cheapest gin in the shop. Don't worry about the alcohol; it is almost entirely destroyed in the process. Spread a few layers of fruit on the bottom of a glass jar and just cover with Gin. Turn them over after the first day and start eating after two days, Just 9 (raisins/sultanas) a day. If you have had this disability for some time it may take a week or two to notice the difference. Once comfortable continue as needed.

I probably found acceptance of natural remedies easier because as a child I had a large wart on the back of one hand and an old lady told me to dab the white juice of a milk thistle on it and it would go away. I did and, in days, it did.

More recently, as you will see on site, I used Cayenne pepper to clear arteries; use a good hot one and put it in 00 size gelatine type capsules; press fill; a fiddly job; (easier if you buy a jig but personally you may need just a few).

My arteries were not bad so I only took 2 the first day and one a day for about a week, now as I feel a need. May cause slight discomfort. Also add to stews. I believe this to be the best cleaner of arteries available; also claimed effective in stroke-victim emergency. For arrhythmia I took 3 x 1000 mg a day of

Hawthorn for a few weeks; as it came under control I reduced dose but never less than one a day.

In regard to colds and flu I have never taken the yearly inoculation. On moving to the city I used to get colds with very bad throat early in the winter and lasting to spring. As I got into herbs and minerals this improved. Over the last ten years I have been increasingly clear, my last cold, about five years ago, only lasted two days.

There are, I believe, many natural and better ways to strengthen your immune system against virus than present inoculations; also the risk of deliberate contamination of inoculations is too high. Though I have no experience of the following I see it a better risk and helps open-eyes to alternatives.

**ONION MAGIC: a free-range alternative to flu injections:**

Quote: *"In 1919 when the flu killed 40 million people there was this Doctor that visited the many farmers to see if he could help them combat the flu. Many of the farmers and their family had contracted it and many died.*

*The doctor came upon this one farmer and to his surprise, everyone was very healthy. When the doctor asked what the farmer was doing that was different the wife replied that she had placed an unpeeled onion in a dish in the rooms of the home, (probably only two rooms back then). The doctor couldn't believe it and asked if he could have one of the*

*onions and place it under the microscope. She gave him one and when he did this, he did find the flu virus in the onion. It obviously absorbed the bacteria, therefore, keeping the family healthy.*

*Now, [next] heard from my hairdresser in AZ. She said that several years ago many of her employees were coming down with the flu [also] her customers.*

*The next year she placed several bowls with onions in her shop. To her surprise, none of her staff got sick. It must work.. (And no, she is not in the onion business.)*

*The moral of the story is, buy some onions and place them in bowls around your home. If you work at a desk, place one or two in your office or under your desk or even on top somewhere.*

*Try it and see what happens. We did it last year and we never got the flu. If this helps you and your loved ones from getting sick, all the better. If you do get the flu, it just might be a mild case..*

*Whatever, what have you to lose? Just a few bucks on onions!!!!!!!!!!!!!!!*

*Now there is a P. S. to this, for I sent it to a friend in Oregon who regularly contributes material to me on health issues. She replied with this most interesting experience about onions: Weldon, thanks for the reminder. I don't know about the farmers story... but, I do know that I contacted*

*pneumonia and needless to say I was very ill...I came across an article that said to cut both ends off an onion put one end on a fork and then place the forked end into an empty jar...placing the jar next to the sick patient at night. It said the onion would be black in the morning from the germs...sure enough it happened just like that... the onion was a mess and I began to feel better.*

*Another thing I read in the article was that onions and garlic placed around the room saved many from the black plague years ago. They have powerful antibacterial, antiseptic properties.*

*Thanks for this article. It brought back memories of when my oldest son used to get colds all the time when he was little. This lady told me to cut an onion and rub it on his chest. The onion turned very black and my son soon felt better.*

*Also, there was a young woman where I grew up who used to cut garlic and onion put it in a sock and pin it to her little girl's undershirt. At the time I thought it was a terrible thing to do to a child, ...."*

<http://media.causes.com/510213>

(Lifetruth Ed: I think removing the dry skins and/or cutting the onion must greatly improve its effectiveness. You will hear many stories; use natural sense. If it works use it! Next: Something to avoid:)

**Pass The Butter .. Please.**

*"This is interesting . . .*

*Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the people who had put all the money into the research wanted a payback so they put their heads together to figure out what to do with this product to get their money back.*

*It was a white substance with no food appeal so they added the yellow colouring and sold it to people to use in place of butter. How do you like it? They have come out with some clever new flavourings..*

*DO YOU KNOW.. The difference between margarine and butter? Read on to the end...gets very interesting! Both have the same amount of calories. Butter is slightly higher in saturated fats at 8 grams; compared to 5 grams for margarine. Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study.*

*Eating butter increases the absorption of many other nutrients in other foods. Butter has many nutritional benefits where margarine has a few and only because they are added! Butter tastes much better than margarine and it can enhance the flavours of other foods. ...*

*And now, for Margarine..*

*Very High in Trans fatty acids. Triples risk of coronary heart disease . Increases total cholesterol and LDL (this is the bad cholesterol) and lowers*

*HDL cholesterol, (the good cholesterol). Increases the risk of cancers up to five times.. Lowers quality of breast milk. Decreases immune response. Decreases insulin response.*

*And here's the most disturbing fact....  
HERE IS THE PART THAT IS VERY INTERESTING!*

*Margarine is but ONE MOLECULE away from being PLASTIC... and shares 27 ingredients with PAINT.*

*These facts alone were enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).*

*You can try this yourself: Purchase a tub of margarine and leave it open in your garage or shaded area. Within a couple of days you will notice a couple of things:*

*\* no flies, not even those pesky fruit flies will go near it (that should tell you something)*

*\* it does not rot or smell differently because it has no nutritional value ; nothing will grow on it. Even those teeny weeny micro-organisms will not find a home to grow. Why? Because it is nearly plastic . Would you melt your Tupperware and spread that on your toast?*

*Share This With Your Friends.....(If you want to butter them up')!*

*Chinese Proverb: When someone shares something of value with you and you benefit from it, you have a moral obligation to share it with others.*

*(Lifetruth Ed: If your government is YOUR government, why do you think it wants you encouraged to eat junk food and live a junk lifestyle?*

*Why are most processed foods, including olive oil and dairy products, now treated and processed to destroy much of the health giving properties remaining after being grown or raised with artificial supplements?*

*When you have read the whole of this site you will understand why behind scenes influences create laws that force you to use unhealthy produce and make it illegal to sell the healthy produce. Now a more general farm-fresh tip:)*

### **The Amazing Cucumber**

*Quote: "This information was in The New York Times several weeks ago as part of their "Spotlight on the Home" series that highlighted creative and fanciful ways to solve common problems.*

*1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.*

*2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a*

*cucumber. Cucumbers are a good source of B Vitamins and carbohydrates that can provide that quick pick-me-up that can last for hours.*

*3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.*

*4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.*

*5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!*

*6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium,*

*avoiding both a hangover and headache!!*

*7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.*

*8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.*

*9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!*

*10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.*

*11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria*

*in your mouth responsible for causing bad breath.*

*12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.*

*Pass this along to everybody you know who is looking for better and safer ways to solve life's everyday problems." End quote.*

**Lifetruth Ed:** My mum used cucumber, tomatoes and onions with shredded lettuce in salads; all home grown of course; [dressing: hard-boiled egg-yolk, vinegar, dairy cream, plus salt & pepper]. In childhood it seems I lived in heaven.

### **For Love of Life:**

Our Creator is not a magician, despite what religions may tempt you to believe. All designed creation, to work as planned, must follow natural laws! That is basic revelation of Christian Scriptures and still visible to intellect despite all human pollution added over thousands of years. All is clear in honest view to the eye of reason or logical assessment.

The above is a sample of humanity under attack. Other attack areas include finance, education and mass media (including entertainment and sport).

We now fail in human ability because, by-and-large, we are raised as animals. Animals have their abilities built-in. Humans are learning orientated! Early learning, now deformed by animalist philosophy, is a vital base for our full development. To find how subversive influences have progressively infiltrated our culture see on-site information.

## **RE-BIRTHING CULTURE-2**

**December 7th: 2009**

For our first re-birthing message the brave words of Dr. Diane Harper were featured, an employee of those who create Big-Pharma health-stealth weapons for population control. This time the direct words of one of USA's leading doctors.

**Dr. Al Sears;** Quote: *"... the doctors I know are well trained and well intentioned. But sometimes putting your faith in the system gets you in trouble.*

*The pharmaceutical giant Wyeth is being sued over its synthetic hormone drugs Premarin and Prempro. They [those suing] are alleging the drugs can cause cancer and heart disease.*

*During the discovery process, they uncovered a scam. And what a doozy this scam is! Wyeth paid ghost-writers to create scientific review articles. These articles were then published in leading medical journals. And these articles are full of misleading data that led doctors to believe they were safe.*

*Doctors prescribed these medications and women died as a result. Here's how Wyeth's deception worked: The ghostwriters wrote the journal articles. The articles touted the benefits of synthetic hormone replacement therapy. And downplayed all the risks. Serious risks, like invasive breast cancer, stroke, heart disease and even dementia.*

*Then, the ghostwriters paid top physicians to sign their name as the author of the article. It didn't matter that the physicians hadn't contributed anything or very little to the writing or scientific review of the available studies. And the doctors didn't know that the drug company was paying for the study.*

*The final versions of these articles didn't mention Wyeth's financial ties. Even the respected journals that published them had no idea.*

*The plan worked. Doctors rely on medical journals. As a result, thousands prescribed synthetic hormones to their patients, thinking it was perfectly safe.*

*It's no wonder sales of Premarin and Prempro spiked to almost \$2 billion in 2001. At one time, Premarin was the #1 moneymaking prescription in the U.S.*

*If you can't trust the medical journals, what are you left with? I've always been skeptical that drugs are the only answer. I always ask myself these questions: What did nature intend?*

*What did it create? Are there natural alternatives to man-made drugs?*

*Synthetic, chemical-based drugs that try to mimic a hormone can lead to real trouble. And in this case, even cancer. But if you try to recreate what nature intended using compounds that your body recognizes as safe, you'll get relief without the risk.*

*Some alternatives from this caring Doctor:*

*Instead of dangerous synthetic HRT drugs, here's what I use to treat my patients.*

*Black Cohosh. Black cohosh works to normalize your hormones and gently helps you regain your sex drive. Studies show it can be nearly as effective as HRT to reduce hot flashes, night sweats, depression and anxiety. I recommend 250 mg three times a day. ...*

*Maca Root. Found high in the Andes Mountains of Peru, maca root has been used for 8,000 years to relieve hot flashes, night sweats, improve your mood, and rev-up your sexual desire. Take 200 mg daily.*

*I also recommend that you see your doctor and get your hormone levels checked. This includes checking your estrogen, progesterone and testosterone levels.*

*Consider bioidentical hormone replacement therapy. Unlike synthetic HRT, bioidenticals are exact replicas of your own hormones that are easily*

*identified by your body. When it comes to hormones, one size does not fit all. Everyone's needs are different. With bioidenticals, your doctor can prescribe a custom blend of naturally occurring hormones that are specific to your needs.*

*You'll need a compounding pharmacy to fill your prescription. They are usually independently owned and easy to find in your state.*

*Al Sears, MD*

Well there you have it. It's rare that those mean-spirited people are brought to public attention. They have such power and wealth that they get careless and few honest citizens take up the fight on behalf of the human family. Globalist confidence is justified, even if exposed, our great majority seem now too dumbed-down to defend ourselves even when abuse is obvious.

Will this change? To understand why activities as mentioned above are allowed, even encouraged, you need basic logic. Read the evidence on this site. The conniving of generations cannot be exposed and explained in a single sentence. Though I understand the problem I still find it hard to accept that humans may fail to retain sufficient intellectual morality and logical ability to see that evidence such as above is serious enough to awaken their natural survival instincts.

When the system and government becomes so ineffectual, and the

community so uncaring of itself that the authority of its leading literature can be corrupted virtually at will, then, as a culture, we have obviously been stripped quite bare of our human moral defences. Surely we are still able to see and understand this!

It is said the pharmaceutical industry started with the "snake-oil" salesmen of the old American west who later joined up with the oil industry thieves making vast fortunes by taking energy provided free by the earth to price at whatever the market would bear. They then used every immoral mind trick to inflame greed, create waste and increase the unearned power of this wealth.

Greed knows no limits; soon boundless wealth was not enough. Greed turned to accumulation of power and when they saw that THEIR earth was becoming over-populated and resources destroyed, their intent became directed to owning the earth and to enslaving those of its inhabitants who might be useful as servants or for experiment.

Obviously explaining the problem to gain a human solution did not suit the mean minded.

It was for them then a simple step to learn how the human mind works and use this for subversion and take-over.

After all, if you can control governments in the most advanced nations then all else becomes almost irrelevant.

## So HOW WAS it DONE?

Well that's the story of "Hegelian Dialectic". Hegelian dialectic has its roots in a power principle called "Divide and Conquer", or "playing both ends against the middle". Then, for real kick-in-your-teeth contempt it has now become "Outcomes Based Education".

Originally exposed as a socialist principle it was not connected in the democratic mind with "White Knight" Capitalism. But of course Capitalism and Communism was the first big divide in the "divide and conquer" plan.

**Humanist ambitions:** humanism, as a name, is clearly in pretence of "human".

This no childish game! There is no public evidence that the largest Secret Service ever assembled is in this service but this vast economic force (ruling by imposed philosophies) has no use for military, so it is entirely irrational to imagine that Globalism does not employ an army of professional "People Shapers" to indoctrinate deformities, integrate rumours and reshape truth as needed to balance their divide and conquer programs and to give credibility to humanism's pretence.

### The Hegelian Dialectic Principle:

**Thesis, Antithesis, Synthesis!**

**Thesis is any idea (it may be factual);  
Antithesis is opposing argument and  
Synthesis the designed outcome.**

The game is to restrict opponents to stubborn futility! Then manipulate

blind futility to accept the outcome desired by those behind the program. I.e., Globalism creates problems, then generates solutions to its advantage.

Evidence is that, by trickery and threat, Globalists have ruled our corrupted national governments for over 100 years. You may find that hard to believe but if you love truth, you will find the evidence beyond logical doubt.

This vast interlocking system could not form by chance. How many today have basic understanding of Global Warming (its origin and potential)? Of Nature of money (finance)! Of legitimate Political systems (illegality of Party Politics)! Or of anything important to human culture! Cultural basics and education are not quantum science; these matters can be understood from information on the *lifetruth* site!

Only by use of the deforming power of Hegelian Dialectics could we be reduced to present level of inhumanity. Increasingly biased education has needed 100 years to dumb-down humans to take sides in blind partisan support of what we now selfishly value as "our side". That, as we see, is what most now do; without this, Globalism's philosophy of deceit could never achieve or maintain power.

A free human mind appreciates that moral human social behaviour is a human essential; something well within our natural ability. Nevertheless bankers and financial planners did

embrace a system of clear confidence trickery: one leading to human consequences that were also obviously without visible conclusion.

So if Hegelian Dialectic and animalism are myth, why the partisan discussion; why the fierce futile loyalty without resolution or understanding – why my take on Global Warming; my football team; my political party? Don't talk of truth, justice or mercy; what has that to do with anything; my ideas are me! Winning is the game! My dogmas are my heart and soul! I AM animal! I AM, my desire!

Sides-taking loyalty is a primitive survival instinct now 'un-naturally' encouraged through party politics and professional sport. Sides' taking is an easy substitute for understanding and a basic force behind Hegelian Dialectic control. Combine with dumbing down of logic; what do you get? Confusion, frustration and violence!

Climates do change continually; change creates erratic weather with proven capacity to make this overstressed and overpopulated earth (even without our help) lose large population!

Only when knowing that both sides are misled in order to achieve dominance by a third party do we look for what neither side explains! Only then do we appreciate that climate change cycles may extend over millions of years even without human activity to upset balance and recycle massive pollution.

So now, having been led happily up the garden path of animal freedom for gain of animal pleasures, can we challenge this DEATH TRAP with intelligence? Can we take responsibility for life and not submit to emotions' dead-end?

With debates balanced neatly on deceit, neither side knows the truth! Violence increases with problems – we see it in our homes and streets as we argue and trust sides-chosen leaders to guide us. As leaders know no more than we, then people-shaper advisers easily herd all into fashion created attitudes of self-destruction.

Bombarded with ideas of multiracial beauty we ignore reality! People-shapers know that crude cultures never merge without ingrained animosity! With troubles (even generations later) come cultural violence; the stronger blame and kill the weaker! Most of us see examples of this in our own lifetimes yet still we give pretence to a false emotional enlightenment!

As Global Warming brings hunger and hardship, immigrants become first bait for riot and murder. So, having instilled unsatisfiable need for playthings (to create meaning in lives that have been deliberately made meaningless) how easy now to lead people to death with sly help of designer disease? So smoothly goes the plan!

Most were fooled to see "Dumbing Down" as some silly extremist idea. Well laugh, by all means lighten the air,

but see the trouble and strife now enveloping human culture and know that it worked; that a *human cultural re-birth is now urgent*.

Our plight is now life/death! Recently our situation was described as being like two people, looking at a horse and arguing as to whether it was an Antelope or a Gazelle. Though anyone knowing a horse could never be in doubt, the unknowing could argue forever with increasing heat and self-conviction because neither understands enough to explain the flaws in the others argument – or expose that there is another option, another answer.

Globalism promotes itself as a human benefit – it lies. We are surrounded by violence – the violence of its toxic deceits! We breathe its putrid philosophy and as we breathe our culture sickens! We know how it gained rule of our developing culture and we know how to end it – the political Achilles' heel!

Relax; think a little: will you forsake your human heritage of future life?

Now: Dr. Sears has other news to help you avoid traps and confirm the cultural review on this site. We need guard our human health against attack from all sides.

Note: Dr. Sears here mentions *telomere lengths*: telomeres are vital in life's design. These, attached to genes, set physical life's development and limits.

Were proof needed that life was created by intelligence then, advancing discovery well demonstrates that intellectual foresight is a continual need for life's maintenance and advance.

Creation by evolution is a logical impossibility! We were created by intelligence and by use of intelligence we grow in life. If we forsake intelligence to live by our animal emotions, then we can neither foresee needs of change, nor create for such change, and so (as demonstrated by animal experience) we become extinct.

***Al Sears, MD***

*Royal Palm Beach, FL 33411*

*September 17, 2009*

*Quote: Now there's a strategy you can use to extend your life...one cup at a time. Imagine if you could extend your life by five years just by drinking tea. Would you ...?*

*When a large group of elderly Chinese men drank three cups or more of tea each day, they recorded significantly longer telomere lengths – nearly five years of added lifespan – compared with those who drank one cup or less.*

*The study, published in the British Journal of Nutrition, applies to black and green teas with the majority of the subjects drinking green tea.*

*Our ancestors have long touted the health benefits of tea, but never at the DNA level. Now we're learning new*

*ways where you may help maintain the length of your telomeres and increase your lifespan. That's good news for tea drinkers and great news for fans of life extension.*

*You've heard me talk about telomeres – the “time keepers” that cap each strand of DNA. Each time your cells divide, your telomeres get shorter. And telomere length is a key indicator of your overall health and lifespan.*

*By lengthening your telomeres, you can extend your life. And that means for the first time, you can actually stop – even reverse – the aging process in your body.*

*Here's the thing: Your telomeres are extremely vulnerable to oxidative stress ... and that's exactly what antioxidants protect you against. This helps keep your telomeres long. And that, in turn, will help you live a longer and healthier life. That's where the healing powers of tea come in. The antioxidant properties of tea may be responsible for protecting the telomeres.*

*Green tea packs a powerful punch of antioxidants and phytonutrients that eradicates free radicals floating in your body. These are the primary culprits in aging.*

*The active ingredient in green tea is EGCG, which can prevent and repair cell damage. As a scavenger of free radicals, EGCG combats the effects of*

*pollution, sunlight and smoking, which helps skin from wrinkling and aging. The best way to receive the benefits abundant in green tea – including the EGCG – is to start with whole tea leaves (sold in specialty tea stores) or with a tea bag.*

*Most of the bottled green tea drinks contain additives like aspartame that counteract brewed green tea's healing properties. I suggest you make your own to maximize the powerful, antioxidant-fighting benefits. You can also find ECGC supplements at your local health food store. I suggest taking 50 mg of ECGC daily.*

*And there are other ways to maintain your telomere length. Here's what I recommend: Vitamin B12 – Take at least 100 mcg per day. I have advised my patients to take as much as 500 mcg per day or more for improving things like brain function and energy levels.*

*Vitamin C – Based on my own experience, taking up to 3,000 mg per day is a good amount if you're in good health. I always recommend pregnant women get at least 6,000 mg per day. And in times of stress or sickness, you can take up to 20,000 mg.*

*Make sure that you get the natural form of vitamin C and not the synthetic form. In one particular study, natural vitamin C was 148% more effective than the synthetic form. And it stayed in the test participants' systems longer.*

*Vitamin E – Look for a multivitamin with at least 200 iu of “mixed tocopherols” rather than just alpha tocopherols. Your body is better able to absorb them in their organic “d” form. To Your Good Health, Al Sears, MD var addthis\_pub="alsearsmd";*

Now let's hear once more from this remarkable Dr:

*Quote: When I was hiking through the Andes, I saw people chatting on their cell phones. In Kerala, India, I saw fishermen call into shore from their boats to negotiate a price for the day's catch. They even send pictures!*

*Cell phones are ubiquitous. Especially in the third world, they give people that wouldn't otherwise be able to afford it access to the internet. And in that way, the cell phone is one of the greatest inventions of our time.*

*But I'm conflicted about the health consequence.*

*A new study from the Environmental Working Group (EWG) warns that many of the new internet phones bombard your brain with dangerous electromagnetic waves. 1*

*These waves penetrate your skull and can double your risk of a brain tumor. 2*

*Back in 2003, the Food and Drug Administration assured us that cell phones do not cause brain cancer.*

*Unfortunately, they based their study on only three years of cell phone use. But if you use a cell phone for a decade or more, your risk goes up.*

*Researchers in Scandinavia and the United Kingdom discovered that people who used cell phones for more than 10 years had a significantly higher risk of developing brain tumors. 3*

*Even more alarming is what happens to kids that use cell phones. Young skulls are less than half adult thickness, making it easier for radio waves to penetrate and damage the brain. Multiple studies show young children absorb more radiation than adults do, putting them at high risk for brain tumors. 4*

*A two-minute call can alter the natural electrical activity in your child's brain for one hour. Multiply this by the average 2,600 minutes a month your child is on the phone...and you get 22 hours (nearly a day) of unnatural brain activity.*

*Wireless earpieces and keeping the phone in your pocket are not good options. The earpiece relies on radio waves for transmission – these go into your brain. The phone in your pocket is emitting radio waves straight to your vital organs, especially your genitals.*

*So what should you do? I for one don't want to give up my cell phone. And I don't suggest you give up yours either. But I do take certain steps to limit my radiation exposure.*

*Here's are some steps you can take:*

*\* Check what kind of radiation your phone emits. The lower, the better. EWG has an updated list of the best and the worst phones.*

*\* Put your phone in 'airplane' mode when you're in places you can't (or shouldn't) use your phone – driving, theaters, meetings, and doctor's offices. This reduces the number of radiation exposure hours.*

*\* Go 'hands-free'. The further away your phone is from your body – the less radiation penetrates you. Twelve inches (one foot) is the closest you should be to your phone.*

*\* Use a wired head set for all calls – make sure the cord is long enough so your phone is at least twelve inches away from you.*

*\* Send text messages instead of calling. Or keep your calls short.*

*\* And possibly the hardest advice of all to implement... limit use of cell phones by your children and teens. I tell my son Dylan to text instead of call. This limits his exposure.*

*I keep my phone in my desk drawer while I'm at work. In the car, I keep it on the console. And when I'm going back and forth, I keep it in my briefcase. And I don't use it for long.*

*When I'm going to be on the phone for a while, I use a landline.  
To Your Good Health,  
Al Sears, MD*

**Lifetruth Ed.** Well readers, I think that generous advice is within the ability of

at least some fanatical users of these distractions. Admittedly there is some genuine need of such things. For myself I have no need of it and no cell phone.

Sincerely: Ed.

### **For Love of Life:**

We need do more than learn! We need help others find reliable information. I think our situation is now exposed and adequately explained. As long-time readers of my work know, this re-birthing snapshot is little more than a highlighting of what has gone before.

A few years ago, when we printed books on paper, a small group (within a decade) produced several books and some 70 thousand were sold in Australia (not counting booklets & pamphlets) all without publicity other than person to person!

This experience makes clear to me that people (even ten years ago) were far more conscious of their humanity and alert to the need to defend it. But at that time, better understanding of the situation was still needed.

**Printed copy helps!** That is important! This little highlighting assembly is important. Though we must admit that the despised dumbing-down has been remarkably effective some intelligent people have overcome difficulties and noticed. As reported by the Author of 'The Age of American Unreason', Susan Jacoby: "It's like these guys take pride in being ignorant."

**END NOTE:**

Yes! Many of the young now seem ashamed to use their intelligence – seem to feel a need to take pride in stupidity as if stupidity, being now in fashion, is something to be proud of. Well we do what we can and this PDF paper-saving booklet printout of this file is now available to all on the Internet.

**The political Achilles' heel of the democracies usurpers!**

As reported on site, it is just a matter of each electorate setting up its own Electoral Commission to choose one of its own more honest and capable citizens as its representative.

Improvement will come with practice but even at its beginning it cannot be worse than electing the representative chosen by others to serve others, or those chosen by themselves to serve as they wish. Those in power have taken power illegitimately in pretence of serving our democratic rights, so they cannot complain of this power being used legitimately.

This work is in the spirit of human life: it is for all who want to serve life and develop to live life at its highest level; it would be a pity if some with the will to achieve it should be lost to blatant deceit of culture.

So, ding-ding-a-ling, wake-up world, time to start learning! Hopefully, with this "Love of Life" analysis of the human situation and access to the cultural truth that has now been made a little easier with some re-assembly and revision of [www.lifetruth.org.au](http://www.lifetruth.org.au) > the re-birth of human culture may get improved attention. (For earlier work archives see [www.themindweb.com](http://www.themindweb.com) ). Thank You!