ALTERNATIVE REMEDIES 2

by Sovereignty International (a trust)

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www.sovereigntyinternational.fyi

https://sovereigntyinternational.wordpress.com
Overview – They are trying to kill you!

- Arthritis
- Joint Replacements
- War on Drugs and Cannabis
- Alternative Remedies for everything
- Where is it all coming from? Who is responsible?
“This is your last chance ... After this, there is no turning back. You take the blue pill - the story ends, you wake up in your bed, and believe whatever you want to believe.

You take the red pill, ... you stay in Wonderland, and I show you, how deep the rabbit-hole goes.”

~ Morpheus’ Warning To Neo  (From The Film; “The Matrix”) ~
Alternatives?

KNOWLEDGE IS POWER

EVERY GENERATION has an Obligation to EDUCATE
Alternatives?

WHAT?
I BELIEVE IN CONSPIRACY THEORIES?

DID YOU KNOW CIA MADE THE WORD TO COVER UP THEIR LIES?
TO DISCREDIT EVERY CRITICAL THINKER.
IF YOU CALL ME A CONSPIRACY THEORIST, THEIR PURPOSE HAS SUCCEEDED IN YOU.
Alternatives?

We are at war and have been for thousands and thousands of years.

You must arm yourselves with knowledge and Truth. Because we do battle with ignorance, deception and lies.

Gavin Nascimento
Alternatives?

You have to understand, most of these people are not ready to be unplugged. And many of them are so inured, so hopelessly dependent on the system, that they will fight to protect it.
Alternatives?

CAREFUL NOT TO SPREAD FAKE NEWS

LEAVE THAT TO THE EXPERTS

GE
- Notable Properties:
  - COMCAST
  - NBC
  - UNIVERSAL PICTURES
  - FOCUS FEATURES

NEWSCORP
- Notable Properties:
  - FOX
  - WALL STREET JOURNAL
  - NEW YORK POST

DISNEY
- Notable Properties:
  - ABC
  - ESPN
  - PIXAR
  - MIRAMAX
  - MARVEL STUDIOS

VIACOM
- Notable Properties:
  - MTV
  - NICK JR
  - BET
  - CMT
  - PARAMOUNT PICTURES

TIME WARNER
- Notable Properties:
  - CNN
  - HBO
  - TIME
  - WARNER BROS

CBS
- Notable Properties:
  - SHOWTIME
  - SMITHSONIAN CHANNEL
  - NFL.COM
  - JEOPARDY
  - 60 MINUTES
Alternatives?

THE NEW WORLD ORDER

THE BIGGEST AND MOST DANGEROUS TERRORIST GROUP IN THE WORLD WANT TO KILL 7.3 BILLION PEOPLE

They have stated Their Intentions, Very Clearly, Carved in Stone, In 12 Different Languages
Alternatives?

BIG PHARMA IS JUST A BIG CARTEL

COCAIN STREET VALUE $20,000/KG

OXYCODONE STREET VALUE $1,000,000/KG

fb.com/MentallyEmancipated

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Copies of these documents can be found at My private group at Yahoo called Administrating-Your-Public-Servants

For a complete set of Youtube videos with Private Information Shares, a DVD with over 50 searchable Law Dictionaries, and other books and forms contact me privately at engineerwin@yahoo.com

Donations to support this work are appreciated. I prefer gold or silver coin, but as an extremely less desirable alternative I can accept IOUs (Federal Reserve Notes, Paypal gifts, checks, money orders, etc) send me an email for particulars.
Alternatives?

Depopulation Agenda

Quick Elimination of Life
HAARP induced “natural” calamities, man-made
plagues, human caused famines and droughts, abortion

Slow Elimination of Life
Cancer, Aids, vaccinations, chemtrails, GMO foods

Prevention of Life
Oestradiol and BPA in water supply, HCG in
vaccinations distributed to third world countries,
Xenoestrogens in beauty and hygiene products

“The present vast over population, now far beyond the
world carrying capacity cannot be answered by future
reductions in the birth rate due to contraception,
sterilization and abortion, but must be met in the present
by the reduction in the numbers presently existing.
This must be done by whatever means necessary.”

United Nations Eco 92 Earth Charter

AWAKEN
“The world today has 6.8 BILLION PEOPLE. That's heading up to about nine billion. Now if we do a really great job on new vaccines, health care & reproductive health services, we could LOWER that by perhaps 10 or 15 percent.”

-Bill Gates
Alternatives?

The N.W.O. plans to exterminate 90% of the world’s population.

Do you really believe that you are part of that remaining 10%?

Educate yourself.
Hi what can I get for you?

Yes, I’ll have the fukushina radiated, genetically modified salmon with pesticide covered monsanto broccoli and toxic waste fluoride water please.
THE US GOVERNMENT INTENTIONALLY GAVE
US SOLDIERS RADIATION POISONING
AND BLACK PEOPLE SYphilis

AND YOU WANT TO PUT THEM IN CHARGE OF HEALTHCARE?
HEROIN WAS INITIALLY ADVERTISED AS A CURE FOR COUGHS.
Estimated autism prevalence in the world

2006-2010
"The drive of the Rockefellers and their allies is to create a one-world government combining supercapitalism and Communism under the same tent, all under their control.... Do I mean conspiracy? Yes I do. I am convinced there is such a plot, international in scope, generations old in planning, and incredibly evil in intent."

- Congressman Larry P. McDonald, 1976, killed in the Korean Airlines 747 that was shot down by the Soviets
“No matter how paranoid or conspiracy-minded you are, what the government is actually doing is worse than you imagine.”

— William Blum

(Former U.S. State Department employee)
Alternatives?

Patriots

Protecting cowards, complainers and cry-babies for over 200 years.

- American Warrior
“Sacrificing freedoms for promises of safety and security is central to the worship of all false gods. And like all false gods, the sacrifices will never be enough.”
ARTHRITE
Arthritis

- Needs an acidic environment
- All you need to do is change the pH in your body over to alkaline
Don’t forget to subscribe to this Youtube channel
Don’t forget to follow me on vid.me
https://vid.me/SovereigntyInternational
Don’t forget to follow me on Steemit
@sovereigntyintl
Don’t forget to Like this video
On Youtube don’t forget to click the bell next to the subscribe button so that you are notified when there is a new upload
On vid.me don’t forget to upvote this video
On steemit don’t forget to vote and make your comments

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What Should Your Crypto Coin Portfolio Look Like?

This post is for the newer individuals out that are getting into cryptocurrency. Below are my recommendations on what your crypto-coin portfolio should look like. Keep in mind that this is just my opinion and you research anything before buying it.
Arthritis

- My mother had arthritis
- Had hip joint replacement done and knee joint replacement
- After 15 years they break
- It broke when she was in her 80’s and the doctors refused to operate because it would kill her
- She spent the last 2 years of her life bed ridden with a broken hip
I used Clove Bud Oil
Has to be therapeutic grade
Be careful with it – it melts some types of plastic
It is good for fungus
Keep it away from sensitive areas – don’t touch your face near your eyes, or scratch yourself in your groin area or you will feel a new definition of burning (nothing damaged)
Jock itch is caused by a fungus
Athletes foot is caused by a fungus
Internal attack – build your immune system
Shiitake mushrooms
Reishi mushrooms
Maitake mushrooms
A healthy immune system is the cure for almost everything
Carnivora
www.carnivora.com
Is made from the Venus Flytrap plant
Can also buy VFT tincture
Starts by taking 1 tablet 3 times a day for a week, then 2 tablets 3 times a day for a week, then 3 tablets 3 times a day for a week up to 10 tablets 3 times a day 3 for a week
Ronald Reagan had colon cancer
Prior to that, you could not get Carnivora in the USA
Carnivora is made from the Venus Fly Trap plant
You can get VFT tincture on E-Bay
The procedure for this is to take 1 capsule 3 times a day for a week, then 2 capsules 3 times a day for a week, and then 3 capsules 3 times a day for a week up to 10 capsules 3 times a day for a week
The procedure says that if you start feeling weak and a lack of energy, you should cut the dosage in half
President Ronald Reagan used Carnivora successfully in 1985 when he had it sent to the White House. 

Source: "German ***** Therapies", pg. 101 

Author, Dr. Morton Walker - Winner of 27 Journalism awards
Cholesterol - the story keeps changing
It is all designed to peddle drugs
It collects on the inside of arteries because of scarring caused by broken apart fat cells in homogenized milk that go through the wall of your stomach into the blood stream
Hawthorn cleans out your arteries
Hawthorn is a food herb
Announcing a subscription based Youtube channel called Sovereignty International

The recommended cost of the subscription is currently US$1.99 because it avoids the advertising ONLY (if you like my work it can be a donation)

The ONLY power that the N.W.O. satanists have over us is through fraud and deception, and my agenda is to expose it for all our benefit – I cannot fight all of the battles

Currently publishing 1 video a week

https://www.youtube.com/channel/UCokSQqXw1y2_2hAtJxUcoNw
Exclusion Content

- Arlington Private Information Share
- Land Deed Training
- Estoppel Certificates Training
- Foreclosure Estoppel Certificates Training
- Corporate Denial Training
- Toll Roads Notice and Demand Training
- Invoice Training
- Notice of Void Judgment training
- Revocation of Signature training
- Third Party Witness Training

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Exclusive Content

- Federal Habeas Corpus Training
- Revocation of Voter Registration
- Criminal Complaint Training
- Lawsuit Training
- Other Training (requests?)
Everything that is needed to free yourself is available for free on my free Youtube channel sovereignliving.

All forms, files and other instructions are available for free on my 2 private groups at YahooGroups and GoogleGroups.

Youtube has notified me that they will be terminating all paid subscription channels on 1 December.

All exclusive content will still be on vid.me and you can buy a subscription there.
ALTERNATIVES
Alternatives?

YOU MUST

UNLEARN

WHAT YOU HAVE LEARNED

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"You are all incredibly powerful beings and have the ability to heal yourselves by truly believing in it. This is NOT wishful thinking. This is a documented fact."

- Placebo Effect
THE SYSTEM INVESTS SO MUCH TIME
AND ENERGY INTO KEEPING YOU WEAK

BECAUSE IT ACTUALLYFEARS YOUR
POWER AND POTENTIAL

GAVIN NASCIMENTO
3 Simple Ways to Normalize Your Body’s Production of Stomach Acid

Stop using processed table salt. Instead, use an unprocessed version like Himalayan salt.

Consume more fermented foods, like kimchi and sauerkraut.

Ask your healthcare practitioner about taking a betaine hydrochloric supplement.

Mercola.com
COMBATING CANCER WITH BAKING SODA

Did you know...that baking soda has been shown to fight cancer, stave off colds and flu, and even treat radiation poisoning...all for just pennies a day?

Dr. Simonchini, an oncologist in Rome originally made the connection between fungal infections and cancer proliferation.

He realized that when a tumor was flushed with baking soda (which is antifungal), it shrank and completely disappeared within days.

www.undergroundhealthreporter.com
Alternatives?

THE AMAZING HEALING PROPERTIES OF PAPAYA

• Revitalizes the human body and helps maintain energy and vitality
• Encourages the renewal of muscle tissue
• Supports cardiovascular system
• Treatment for skin wounds (for this you can use papaya peel)
• Prevent the formation of cataracts
• Lower the risk of emphysema in smoker and passive smokers
• Alleviates inflammation
• Helps with nausea and constipation
• Colon cancer and gastrointestinal systems
# Alternatives?

## Chronic Inflammation

### Symptoms
1. Belching
2. Bloating
3. Burning skin
4. Constipation
5. Cough, sore throat
6. Cramping
7. Dark circles & bags
8. Diarrhea
9. Fatigue
10. Fever, chills
11. Headache
12. Itchy ears & eyes
13. Joint pain
14. Loss of appetite
15. Memory problems
16. Muscle spasms
17. Rash, hives, acne
18. Rough skin
19. Stuffy, runny nose
20. Water retention

### Remedies
1. Ginger, Apple Cider Vinegar
2. Apple Cider Vinegar
3. Vitamin D, fish oil, aloe vera
4. Coconut oil, olive oil, Apple Cider Vinegar
5. Honey, garlic, oregano
6. Apple Cider Vinegar, activated charcoal
7. Probiotics, mint
8. Probiotics
9. Meditation, adequate sleep
10. Cayenne pepper, turmeric, honey
11. No chocolate, no refined sugars
12. Cucumber, chamomile tea bags
13. Exercise regularly, krill oil
14. Ginger, rosemary, fenugreek
15. Hot beverages, super foods, no alcohol
16. Water yoga, meditation
17. Lemon, honey
18. Vitamin D, fish oil
19. Eucalyptus, elderberry
20. Asparagus, parsley, watercress
Alternatives?

Top Natural Painkillers

- Garlic made into a special oil for earache
- Cloves for toothache / gum inflammation
- Apple Cider Vinegar for heartburn
- Ginger for muscle pain
- Cherries for joint pain, headaches
- Turmeric for chronic pain
- Peppermint for sore muscles
- Pineapple for stomach bloating, gas
- Water for general injury pain
- Horseradish for sinus pain
- Blueberries for bladder / urinary tract infections

rawforbeauty.com
Alternatives?

These 22 companies shelled out over $3 MILLION in support of California's Prop 37, which would have required GMO foods to be labeled. Special "kudos" to Dr. Joseph Mercola who contributed $1.1 MILLION. Other top contributors are Nature's Path ($600K), Dr. Bronner's ($290K), Lundberg ($250K), Amy's ($100K), and Clif Bar ($100K).

Actions speak louder than words. Please support these companies that are dedicated to providing organic, natural, Non-GMO foods.
Alternatives?

*Lemon a day keeps Cancer away*
Alternatives?

Make Your Own Natural Fluoride-Free Toothpaste

To make your own toothpaste, just use a fifty/fifty ratio of coconut oil to baking soda. Start with a small batch and use a few tablespoons of each. If you like, add a few drops of an essential oil, like peppermint or spearmint, for flavour and a bit of stevia for sugar-free sweetness. After mixing your toothpaste, keep it in a glass container with a lid. Then, just spoon some out for use or just dip your dry toothbrush into it. The mixture doesn’t need to be refrigerated.

Peppermint  Stevia  Spearmint  Baking soda  Coconut oil
Alternatives?

Let food be thy medicine
and medicine be thy food.

—Hippocrates
Alternatives?

Health Benefits of Mango!

1. Cancer prevention
2. Improves vision
3. High in copper
4. Improves sex life
5. Alkalizes the body
6. Improves digestion
7. Lowers cholesterol
8. Improves memory & concentration

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Alternative?

AVOCADO SEED GREEN GODDESS SMOOTHIE

DID YOU KNOW
the seed of the avocado is one of the most nutritious parts of this superfood?

INGREDIENTS
1 cup nut milk or water
1 ripe pear
2 handfuls of fresh spinach
½ of Hass avocado
½ of avocado seed
Small piece ginger grated
½ apple

Blend well and enjoy!
Alternatives?

Remove Heavy Metals Naturally

- Onion (Bulb)
- Blue green algae
- Garlic (Clove)
- Bentonite (Clay)
- Burdock (Root)
- Cilantro (Leaf and stem)

rawforbeauty.com
80% of your immune system is located in your digestive tract, making a healthy gut a major focal point if you want to achieve optimal health.
Uses of Garlic

Forget apples..... a clove of garlic a day keeps the doctor away!

- HIGH CHOLESTEROL
- ATHLETE’S FOOT
- POOR DIGESTION
- LOW ENERGY
- BLOOD SUGAR
- BLOOD CHOLESTEROL
- COLON CANCER
- CHRONIC BRONCHITIS
- YEAST INFECTIONS
- RESPIRATORY PROBLEM
- ANTIOXIDANT
- BREAST CANCER
- BOOSTS THE IMMUNE SYSTEM
- INCREASE ABSORPTION OF IRON AND ZINC
- COUGHING
- COLD AND FLU
- LEUKEMIA
- ANTI-FUNGAL
- VAGINITIS
- TOOTHACHES
- WARTS
- STOMACH
- DIABETES
- PARASITES
- ALLERGIES
# Alternatives?

## Incredible Health Benefits of Turmeric

<table>
<thead>
<tr>
<th>Boosts Cognitive Function</th>
<th>Supports Joint &amp; Muscle Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curcumin protects brain cells by binding to and dissolving abnormal proteins.</td>
<td>Curcumin promotes a healthy inflammatory response and eases aches and pains.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fights Body-Wide Inflammation</th>
<th>Supports Detoxification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curcumin has been proven to significantly lower levels of inflammatory markers.</td>
<td>Curcumin optimizes function of the liver, the body's primary organ of detoxification.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Supports Cardiovascular Function</th>
<th>Promotes Healthy Mood Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curcumin supports heart health by promoting a healthy inflammatory response.</td>
<td>Curcumin has been shown to be an extremely effective natural mood enhancer.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Promotes Youthful Radiant Skin</th>
<th>Supports Natural Weight Loss</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curcumin promotes soft, smooth, glowing skin and fights fine lines and wrinkles.</td>
<td>Curcumin can enhance weight loss when combined with healthy diet and exercise.</td>
</tr>
<tr>
<td>Condition</td>
<td>Recommended Fruits/Herbs</td>
</tr>
<tr>
<td>-----------------</td>
<td>----------------------------------------------------------------</td>
</tr>
<tr>
<td>Cold</td>
<td>Carrot, Pineapple, Ginger, Garlic</td>
</tr>
<tr>
<td>Headache</td>
<td>Apple, Cucumber, kale, Ginger, Celery</td>
</tr>
<tr>
<td>Ulcer</td>
<td>Cabbage, Carrot, Celery</td>
</tr>
<tr>
<td>High B.P.</td>
<td>Beet, Apple, Celery, Cucumber, Ginger</td>
</tr>
<tr>
<td>Kidney Detox</td>
<td>Carrot, Watermelon, Cucumber, Cilantro</td>
</tr>
<tr>
<td>Kidney Stone</td>
<td>Orange, Apple, Watermelon, Lemon</td>
</tr>
<tr>
<td>Depression</td>
<td>Carrot, Apple, Spinach, Beet</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Carrot, Spinach, Celery</td>
</tr>
<tr>
<td>Asthma</td>
<td>Carrot, Spinach, Apple, garlic, Lemon</td>
</tr>
<tr>
<td>Arthritis</td>
<td>Carrot, Celery, Pineapple, lemon</td>
</tr>
<tr>
<td>Eyes</td>
<td></td>
</tr>
<tr>
<td>Stress</td>
<td></td>
</tr>
<tr>
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<td>Fruits/Vegetables</td>
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</tr>
<tr>
<td>Eyes</td>
<td>Carrot, Celery</td>
</tr>
<tr>
<td>Stress</td>
<td>Banana, Strawberry, Pear</td>
</tr>
<tr>
<td>Constipation</td>
<td>Carrot, Apple, Fresh Cabbage</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Carrots, Beets, Green Apple, Lemon, Spinach</td>
</tr>
<tr>
<td>Hangover</td>
<td>Apple, Carrot, Beet, Lemon</td>
</tr>
<tr>
<td>Memory Loss</td>
<td>Pomegranate, Beets, Grapes</td>
</tr>
<tr>
<td>Nervousness</td>
<td>Carrot, Celery, Pomegranate</td>
</tr>
<tr>
<td>Indigestion</td>
<td>Pineapple, Carrot, Lemon, Mint</td>
</tr>
</tbody>
</table>
Alternatives?

Nature's Pain Relievers

- Ginger
- Capsaicin
- Neem
- Apple cider vinegar
- Cloves
- Garlic
- Tea tree oil
- Cinnamon
- Aloe vera
- Turmeric
The Amazing Hemp Seed

- A good source of Gamma Linoleic Acid (GLA)
- Rich in disease-fighting, plant-based phytonutrients and anti-aging antioxidants such as Vitamin E
- Provides an array of minerals including zinc, calcium, phosphorous, magnesium, and iron.
Alternatives?

You can't fix your health until you fix your diet.
Alternatives?

The Original Flu Shot

- Garlic
- Onion
- Ginseng Root
- Cayenne Pepper
- Green Onion
- Turmeric
- Ginger
Alternatives?

You don't have to eat less.
You just have to eat right.
UNUSUAL USES FOR RAW HONEY

- Skin Moisturizer
- Antiseptic
- Acne Remover
- Energy Booster
- Immune System Booster
- Treatment for Sore Throat
- Lip balm

- Remedy for Burns
- Natural bee sting treatments
- Hair Gel
- Natural sweetener
- Preservative
- Honey facial
- Hair treatment
Alternatives?

DRINKING WATER
at the correct time
maximizes its effectiveness
on the human body

2 GLASSES
AFTER WAKING UP
helps activate internal organs

30 MINS BEFORE A MEAL
helps digestion

1 GLASS
BEFORE TAKING A BATH
helps lower blood pressure

1 GLASS
BEFORE GOING TO BED
avoids stroke & heart attack

Live life, Love life
- Yummy Versace
Avocados are shaped like the uterus and cervix, and avocados have been shown to balance hormones and prevent cervical cancer! And guess what? Just as it takes exactly 9 months for a baby to fully develop in the womb, it takes an avocado exactly 9 months to grow from a blossom into a ripened fruit!
Alternatives?

Health Benefits of Strawberries

Fights Bad Cholesterol
Acts as an Antioxidant
Helpful in Pregnancy
Boost Immunity
Promote Eye Health
Cures Allergies and Asthma
Maintain Diabetes
Arthritis and Gout
Help to Lower Depression
Fight Cancer
Constipation
Reduces Risk of Stroke
Reduce Inflammation
Regulate Blood Pressure
Helps Burn Stored Fat
Anti-aging Properties
Boost Fibre
Aid in Weight Management
Promote Prenatal Health
Contact Information

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- Youtube profile - sovereignliving & Sovereignty International
- Facebook - Community Page - Deleted
  - Private Group – Sovereignty International – Being deleted
- Yahoo Private Group – Administrating-Your-Public-Servants
- Google Private Group – Administrating-Your-Public-Servants
- Follow me on twitter @engineerwin
- Follow me on vid.me  https://vid.me/SovereigntyInternational
- Follow me on Steemit  https://steemit.com/@sovereigntyintl
-  https://www.bitchute.com/channel/sovereigntyinternational/
Health does not always come from medicine. Most of the time it comes from peace of mind, peace in the heart, peace of soul. It comes from laughter and love.
Nature is so smart, it put the medicine inside the food.
Benefits of LIME WATER

- Boost Immune System
- Prevent Cancer
- Increase Energy
- Improve Digestion
- Balance pH
- Lower Blood Pressure
- Improve Liver Function
- Reduce Oxidative Stress
- Detoxification
- Regulate Bowel Movements
Benefits of Bananas!

1. Reduce depression
2. Regulate the bowel system
3. Reduce blood pressure & risk of heart disease
4. Help our bones grow stronger
5. Help individuals to quit smoking
6. Help prevent anemia
7. Provide us with energy
8. Reduce menstrual pains
9. Power our brains
10. Help prevent ulcers
Alternatives?

Cherries An Authentically Nourishing Food

- Help promote relaxation and sleep
- Useful in preventing gout
- Rich in antioxidants to help fight inflammation
- Contain anthocyanins to help regulate blood sugar levels
- Dark cherries contain perillyl alcohol that can prevent certain cancers
- Helpful for those with arthritis
- Can boost brain function and improve memory
Alternatives?

20 Tips for Healthier Skin

1. Don’t smoke
2. Don’t drink alcohol
3. Get plenty of sleep
4. Avoid sun during peak times
5. Use broad-spectrum sunscreen with both UVA and UVB protection
6. Wear protective clothing
7. Get eyes checked regularly to eliminate squinting wrinkles
8. Clean skin thoroughly daily
9. Use moisturizer if skin is dry
10. Remove makeup before sleeping
11. Rinse well to remove dead skin soap, and lotions
12. Use water-based products
13. Eat organic, non-GMO foods
14. Eliminate trans fats and sugars
15. Exercise regularly
16. Shave with a sharp, clean razor
17. Dispose of old makeup and applicators every 6-12 months, every 3 months for eye makeup
18. Do facial exercises regularly
19. Drink plenty of water
20. Meditate or practice relaxation techniques

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Alternatives?

Foods to Prevent ANEMIA

Spinach  Garlic  Apricots

Beet Juice  Watercress  Broccoli
Alternatives?

TOP 10 ALKALINE FOODS

- Avocado
- Spinach
- Cucumber
- Seaweed
- Cayenne Pepper
- Kale
- Chia Seeds
- Watermelon
- Lemon
- Garlic
Your first line of defense against any illness or infection is your own immune system! These foods will super-boost your body’s ability to fight any nasty bugs that come your way and will help keep you on top of your game all year long.

- Apple Cider Vinegar
- Garlic
- Ginger
- Horseradish Root
- Onion
- Habanero Peppers
- Oregano Oil
- Turmeric
- Echinacea (Herb)
- Raw Honey
- Colloidal Silver
Alternatives?

Natural Remedies For Colds and Flu


- **Vitamin C**: 1,000 mg, 3 times daily
- **Probiotics**: Daily
- **Oregano Oil**: 1–2 drops sublingually 1–5 times daily
- **Vitamin D**: 2,000 iu, 3 times daily
- **Elderberry Syrup**: 1–2 teaspoons, 1–2 times daily
- **Garlic, Ginger and Peppermint**: Fresh or encapsulated daily
- **Apple Cider Vinegar**: 1 tsp–2 tbsp, 1–3 times daily with water
- **Hydrogen Peroxide in Ears**: Capful in each ear until the bubbling stops, up to 3 times daily
- **Eucalyptus Oil**: External (bath, massage, steam inhalation)
- **Echinacea and Goldenseal Supplement**: Follow directions on bottle
- **Homeopathy**: Ask therapist for specific remedy
  - **Nasal Rinse**: 2 times, daily
  - **Chiropractic adjustment**
    - **Extra Fluids**
    - **Extra Rest**
    - **Eliminate Sugar**
    - **Eliminate Dairy**

This list is for education only, and is not medical advice. 
Ask your health practitioner before taking or combining any remedies. 
Some remedies can be harmful to some people, especially if taken with medication.
Health Benefits of Aloe Vera

In ancient times, aloe vera and its extracts were used for medicinal purposes. Today, researchers are discovering more advantages of this versatile plant.

* Strengthens gums and promotes strong and healthy teeth
* Heals the intestines and lubricates the digestive tract
* Detoxifies the body
* Lowers high cholesterol
* Supports immune system
* Soothes arthritis pain
* Protects the body from stress
* Prevents kidney stones
* Cools and repairs sunburn skin
* Cures ulcers
* Reduces high blood pressure
* Stabilizes blood sugar
* Prevents and treats Candida infections
* Boosts cardiovascular performance and physical endurance
* Hydrates the skin
* Helpful in curing blisters, insect bites and any allergic reactions, eczema, burns, inflammations, wounds and psoriasis

rawforbeauty.com
Alternatives?

10 Health Benefits of...

Beetroot

1. Builds Blood
2. Cleanses Intestines
3. Maintains Healthy New Cells
4. Heal Wounds (The Leaves)
5. Prevent & Treat Cancer
6. Rids Sugar Cravings
7. Provides Instant Energy
8. Prevents Heart Disease
9. Detoxifies Liver & Gall Bladder
10. Contains Many Vitamins & Minerals!
Alternatives?

LOVE
YOUR
BODY

Not just your image.

Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love.

Rather, it’s about feeling great, having more energy, and keeping yourself as healthy as possible – all which can be achieved by learning some nutrition basics and incorporating them in a way that works for you.

Expand your range of healthy choices to include a wide variety of delicious foods. Learn to use guidelines and tips for creating and maintaining a satisfying, healthy diet.
Parasites – Everybody has them!

- Sister-in-law’s neighbor
- Parasite remedies
- Healthfood store parasite herbal combinations
- Pumpkin seeds
- Grape Seed Extract (GSE)
- Others – see Youtube videos
Dr. Schultz

- www.herbdoc.com
- Had a heart condition in his teens
- Had a 4th degree burn
- Does NOT add fillers
- Has Youtube videos
- Has some great cleansing routines and education
- Digestive Formula
Herbal Alternatives

- sciatica story
- Brain injury story
- Hair falling out story
- Daughter’s burn story
- Snowbird chest pains
Dr. Jerry Tennant – has discovered that voltage is important
Your voltage is also related to alkalinity
Has Youtube videos
Is located in Colleyville, Texas
Stem Cell injections - Health regeneration

Treat some of your own blood and then re-inject back into you - has regenerative health effects for multiple ailments

Treatment for multiple sclerosis, alzheimers, heart disease, arthritis, diabetes, parkinsons disease, blindness, lou gehrig’s disease, spinal cord injuries, aids, and numerous others
Others

- C60 – Carbon 60 – bucky balls
- Rats study
- https://www.youtube.com/watch?v=xMJ-gSKP-wM
- https://www.youtube.com/watch?v=-E1xDkMxMv8
- https://www.youtube.com/watch?v=5xLrYL3rpIo
Advertisement – Other Videos

- Bankster Thieves playlist
- Roman Cult playlist
- Bankrupt Corporate (so-called) Governments
- BAR Members 1 - 3
- D.I.Y. How NOT to Volunteer for the Selective Service and the Draft
- Martial Law is here!
- D.I.Y. No Income Tax
- D.I.Y. Free Mail 1 & 2
- D.I.Y. Kangaroo Courts 1 – 9
- Canada Border PIGs playlist
- BAR Members and their Satanic Connections playlist

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ROMAN CULT

This is all coming from the Roman Cult
“My history of the Jesuits is not eloquently written, but it is supported by unquestionable authorities, [and] is very particular and very horrible. Their [the Jesuit Order’s] restoration [in 1814 by Pope Pius VII] is indeed a step toward darkness, cruelty, despotism, [and] death. … I do not like the appearance of the Jesuits. If ever there was a body of men who merited eternal damnation on earth and in hell, it is this Society of [Ignatius de] Loyola.”

John Adams (1735-1826; 2nd President of the United States)
"Within twenty years this country is going to rule the world. Kings and Emperors will soon pass away and the democracy of the United States will take their place... When the United States rules the world, the **Catholic Church will rule the world**...Nothing can stand against the Church. I’d like to see the politician who would try to rule against the Church in Chicago. His reign would be short indeed." -- Roman Catholic Archbishop James E. Quigley (October 15, 1854 - July 10, 1915) Chicago Daily Tribune, May 5, 1903
“Two national governments exist, one to be maintained under the Constitution, with all its restrictions, the other to be maintained by Congress outside and independently of that instrument” Dissenting opinion of Justice Marshall Harlan. Downes v. Bidwell, 182 U.S. 244 1901.
Alternatives?

ROMAN CONQUEST

24 SEPTEMBER 2015
Roman Cult = Murder & Slavery

- Roman aquila military staff carried in battle by all Roman commands. Planted on all conquered nations.
- Devout Roman catholic, honorary degree from Jesuit Scranton University
- Roman bundle of rods bound to a weapon symbolizing subservient under the rule of a single man
- Devout Roman Catholic trained by the Jesuits installed first Jesuit chaplain to the House
Why do you think Donald Trump’s first international trip includes the Roman Cult on the itinerary?

Why do you think the Pope Inc., looked so angry in his pictures with Donald Trump?
Alternatives?

Adolfo Nicolás Pachón, 2008 AD
30th Superior General, Society of Jesus
Master and Overseer of “the White Pope,” Benedict XVI
Satan’s Present Ruler of the World

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“Go ye, then, into all the world and take possession of all lands in the name of the Pope. He who will not accept him as the Vicar of Jesus and his Vice-Regent on earth, let him be accursed and exterminated.”

~Jesuit Extreme Oath of Induction
Alternatives?

The Jesuit Oath

The Counter-Reformation War

I furthermore promise and declare that I will, when opportunity present, make and wage relentless war, secretly or openly, against all heretics, Protestants and Liberals, as I am directed to do, to extirpate and exterminate them from the face of the whole earth; and that I will spare neither age, sex or condition; and that I will hang, waste, boil, flay, strangle and bury alive these infamous heretics, rip up the stomachs and wombs of their women and crush their infants' heads against the walls, in order to annihilate forever their execrable race. That when the same cannot be done openly, I will secretly use the poisoned cup, the strangulating cord, the steel of the poniard or the leaden bullet, regardless of the honor, rank dignity, or authority of the person or persons, whatever may be their condition in life, either public or private, as I at any time may be directed so to do by any agent of the Pope or Superior of the Brotherhood of the Holy Faith, of the Society of Jesus.

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Ever Wonder Why The World is so Diabolically Evil? Meet the Man That Plans it That Way. The Black Pope Adolfo Nicolas, the Most Powerful Man in the World and Behind the Plan for a New World Order.

1. The Superior General of the Jesuits The Black Pope, Adolfo Nicolas and his 6 generals control the “White Pope” and the Vatican and the entire list below.

2. The Illuminati, Zionists, globalist Elites, the Council on Foreign Relations (CFR), Bilderberg group, Freemasons, Council of 300, the United Nations and the Council of Trent.

3. The Jesuits control the Knights Templar, Knights of Columbus and the Knights of Malta.

4. The CIA, FBI, NSA, ASIO, MI5, MI6, NCIS, FSB, DGSE, Mossad and every intelligence agency in the world are masonic and controlled by the Jesuits.

5. The Jesuits have infiltrated most governments & Leaders including Obama, making them puppets that carry out Jesuit orders.
Alternatives?

Vatican ‘New World Order’

Herman van Rompuy, the President of the European Council stated recently ‘We are all Jesuits’. He was referring to those prominent European leaders with whom he is developing the ‘Roman Catholic’ architecture for the future Europe. ‘It creates unbreakable ties. So there is a ‘Jesuits International’

http://www.djeppink.eu/en/blog/we-are-all-jesuits
Alternatives?

wherever this Seal is openly displayed the Jesuit Order is in Control
Alternatives?

From 1203 to 1805
50 million Christian died
suffering at the hands of Rome
‘cause they believed in Christ alone
they died through Europe especially Spain
for they saw all but Christ as vain
He who suffered by His death for men
to save them from their awful sin
600 years of martyred saints
that history can not erase
with iron heel and iron hand
the Roman Popes rule the land
The **Rothschild** have been part of the **Jesuit Order** since way before 1776. **Maltese Cross** indicates membership and allegiance to the **Sovereign Military Order of Malta**, a **MASONIC** order created in 1,099 AD by direct descendants of Roman Emperors, of which the **Jesuit Order** is a brand.
Isn’t It Interesting That The Pope Calls Fake News A Sin

Yet The Catholic Church Has Been Selling False Saviors And Implicated In Child Pedophilia For Centuries
“And I will come near to you to judgment; and I will be a swift witness against the sorcerers, and against the adulterers, and against false swearers, and against those that oppress the hireling in his wages, the widow, and the fatherless, and that turn aside the stranger from his right, and fear not me, saith the LORD of hosts” Malachi 3:5
The Vatican's Holocaust

The sensational account of the most horrifying religious massacre of the 20th century

By Avro Manhattan – Knight of Malta

Avro Manhattan (1914-1990)

About the Author:

Avro Manhattan was the world’s foremost authority on Roman Catholicism in politics. A resident of London, during WW II he operated a radio station called “Radio Freedom” broadcasting to occupied Europe. He was the author of over 20 books including the best-seller The Vatican in World Politics, twice Book-of-the-Month and going through 57 editions.

He was a Great Briton who risked his life daily to expose some of the darkest secrets of the Papacy.

His books were #1 on the Forbidden Index for the past 50 years!!

Ed Note: This issue from 1986 - in 2006 the record is now 70 Years on the forbidden book list.
PREFACE TO THE AMERICAN EDITIONS:

THE VATICAN'S HOLOCAUST is not a misnomer, an accusation, and even less a speculation. It is an historical fact.

Rabid nationalism and religious dogmatism were its two main ingredients.

During the existence of Croatia as an independent Catholic State, over 700,000 men, women and children perished.

Many were executed, tortured, died of starvation, buried alive, or were burned to death.

Hundreds were forced to become Catholic.

Catholic padres ran concentration camps; Catholic priests were officers of the military corps which committed such atrocities. 700,000 in a total population of a few million, proportionally, would be as if one-third of the USA population had been exterminated by a Catholic militia.

What has been gathered in this book will vindicate the veracity of these facts. Dates, names, and places, as well as photos are there to prove them.

They should become known to the American public, not to foster vindictiveness, but to warn them of the danger, which racialism and sectarianism, when allied with religious intolerance can bring to any contemporary nation, whether in Europe or in the New World.

This work should be assessed without prejudice and as a lesson; but even more vital, as a warning for the future of the Americans, beginning with that of the USA.

Avro Manhattan,
1986

Editor's Note

An armed Serbia could have easily prevented this Holocaust.

Thank God for the 2nd Amendment to the Constitution which guarantees the right to bear arms.

Freedom of religion and an armed citizenry go hand in hand and is the only guarantee that this won't happen in the U.S.

Ed Note: It is the Vatican One World Government that doesn’t want you to have the right to own arms or to use any means to defend yourself.
INTRODUCTION

So, the people of the world can now determine what these changes are: that those in the positions of implementing changes have in store for them. In summary, then, these changes are:

The old world is coming to an end. It will be replaced with a new way of doing things.
The new world will be called the "New World Order."

This new structuring will re-distribute property from the "have" nations and will give it to the "have not" nations.
The New World Order will include changes in:

the family:
  homosexual marriages will be legalized;
  parents will not be allowed to raise their children (the state will);
  all women will be employed by the state and not allowed to be "homemakers";
  divorce will become exceedingly easy and monogamous marriage will be slowly phased out;
the workplace:
  the government will become the owner of all of the factors of production; the private ownership of property will be outlawed;
religion:
  religion will be outlawed and believers will be either eliminated or imprisoned;
  there will be a new religion: the worship of man and his mind; all will believe in the new religion;

The United States will play a major role in bringing it to the world.
World wars have been fought to further its aims.
Adolf Hitler, the NAZI Socialist, supported the goal of the followers.
The majority of the people will not notice the changes in the annual report of the central bank.
Jewish Encyclopedia 1901-1906, Vol. 2, p.497 states...Rothschilds are the guardians of the papal treasure

497

THE JEWISH ENCYCLOPEDIA

Rothschild

£100,000; and in 1881 they loaned the Egyptian government £1,000,000.

Meanwhile the Nationalist and Reactionary parties in France desired to counterbalance the “Semitic” influence of the Rothschilds by establishing a banking concern which should be essentially Catholic. Accordingly in 1876 the Union Générale was founded with a capital of 4,000,000 francs, increased to 25,000,000 francs in 1878 under the direction of a certain Bontoux. After various vicissitudes, graphically described by Zola in his novel “L’Argent,” the Union failed, and brought many of the Catholic nobility of France to ruin, leaving the Rothschilds still more absolutely the undisputed leaders of French finance, but leaving also a legacy of hatred which had much influence on the growth of the anti-Semitic movement in France. Something analogous occurred in England when the century-long competition of the Barings and the Rothschilds culminated in the failure of the former in 1893; but in this case the Rothschilds came to the rescue of their rivals and prevented a universal financial catastrophe. It is a somewhat curious sequel to the attempt to set up a Catholic competitor to the Rothschilds that at the present time the latter are the guardians of the papal treasure.

Of recent years the Rothschilds have consistently refused to have anything to do with loans to Russia, owing to the anti-Jewish legislation of that empire, though on one occasion the members of the Paris house joined in a loan to demonstrate their patriotism. whose chief customers they have been (Duveen, C. Davis, Spitzer, and Wertheimer).

The services of the Rothschilds in the cause of philanthropy have been equally marked. Special hospitals have been founded by them for all creeds at Jerusalem, Vienna, Paris, and London; the Jews’ Free School of the last-named city is supported almost entirely by Lord Rothschild at an estimated annual cost of £15,000. In London and Paris they have established workmen’s dwellings on a large scale and on an economic and commercial basis; and their private charities are very large. The founder of the house, Mayer Amschel Rothschild, held the curious theory that if a beggar thanked him, the charitable transaction was concluded, whereas if he received no thanks, Heaven owed him some recompense for his charity. Consequently, it was his custom to thrust a coin into the hand of a beggar, and to hurry away before the latter could express his gratitude.

In addition, some of the members of the family have evinced an interest in Jewish literature. Baron James in Paris was the founder of the Société des Études Juives; Baron Wilhelm of Frankfort was a zealous collector of Hebrew incunabula, which are now in the Frankfort town library; and almost all great Jewish literary undertakings have been subventioned by one or other branch of the firm.

Hitherto the pedigree of the Rothschild family has been traced only as far as Amschel, the father of Mayer Amschel Rothschild; but, owing to the recent publication of the tombstone inscriptions of
The End

I didn’t say it would be easy.
I said it would be the truth.

-Morpheus