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AUSTRALIA

PEOPLE-FUNDED NEWSPAPER



ISSUE 7

The Uncensored Truth

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FREE



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Who's running Australia?

THE 'W.H.O.' WILL IF WE DO NOT ACT NOW

By **DR PHILLIP ALTMAN**
BPharm (Hons), MSc, PhD

After what we have all been through over the last three and a half years, I am reluctant to burden readers with news that is of cataclysmic proportions, but I have no choice. This is not hyperbole, this is FACT.

Unknown to many, if Australia does not take definitive steps to formally exit the World Health Organisation (WHO) before November 2023, unelected and unaccountable elite bureaucrats connected to powerful commercial interests will have the power to force everyone to receive injections and implement mandatory confinement and removal of all human rights for any perceived or imagined "emergency". This "emergency" does not need to be a health emergency – it can be any "emergency".

We all know another pandemic will come. Of this, there is no doubt. There has been no attempt to outlaw Gain-of-Function laboratory research which led to the manufacture of SARS-CoV-2: the genetically engineered spike protein which caused COVID-19 disease. Laboratories can now make to order recombinant (genetically engineered) genome sequences of RNA or DNA to inflict various levels of lethality or serious disease which in turn can be used to control populations. Relatively small laboratories with modest equipment can now do the job. All the methods

have been published. It is not difficult, and this deception is going to happen again.

Our government has near total control of the media and dissemination of information in the name of "keeping you safe". It is now incredibly easy to use a manufactured pandemic to institute a fear campaign to exert control and compliance of a population when the next alleged "virus" arrives. The playbook has been written and bureaucrats know, to keep their jobs, they must play a role. A trusting and naive public suffering from cognitive

dissonance is an easy target for total control.

Scan the following QR code, to hear an explanation of what is now planned to take effect in November 2023, unless Australia exits the WHO.



This may be the most important statement you will ever hear. Take the time to listen to Katie Ashby-Koppens (4 Mins), who is Head of Legal at Voices for Freedom in New Zealand.

Given that most of our politicians have absolutely no idea

that SARS-CoV-2 was a man-made "virus" and the COVID-19 gene-based so-called "vaccines" have, without doubt, caused more death and adverse events than any drug in history, it is highly likely that few would even begin to understand the threat to humanity posed by the WHO International Health Regulations (IHRs) which are about to come into effect.

Unfortunately, those few bureaucrats and politicians who may be aware of the disastrous impact of the IHRs, have been willing participants and facilitators of mass public censorship of important

information and facts which ran counter to the disastrous COVID public health advice and policies.

Our government believes that if you question COVID official government policy, you are categorised as a "terrorist". Our government now decides what is "truth" – anything which questions this narrative is classified as "misinformation". Our government is instructing Big Tech to censor any online comments which challenge the official narrative that the COVID "vaccines" are safe and effective. They have been caught with their pants down by Senator Antic in a Senate testimony in May 2023. Senator Antic is a hero.

Scan the following QR code, to see for yourself firsthand our so-called "public servants" who facilitated the censorship.



These enablers must wear the personal shame for what they do forever. Shame on them all.

■ For more information on how you can help please go to: [Australia Exits The WHO](https://www.australiaexitswho.com)



■ Dr Phillip Altman – BPharm (Hons), MSc, PhD, Pharmacologist, Clinical trial and drug regulatory affairs consultant, Melbourne, Australia.

■ Follow Dr Phillip Altman on [substack](https://www.substack.com/p/philipaltman) at [phillipaltman.substack.com](https://www.phillipaltman.substack.com)

"Fascism...is a merger of state and corporate power". - Benito Mussolini, 1939

THE LIGHT AUSTRALIA

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The Light Australia never allows inserts, attachments or leaflets to be inserted into our newspaper. If you find these, please disregard them.

OpenVAERS "RED BOX" SUMMARIES

Vaccine Adverse Events reporting system. Our default data reflects all VAERS data including the "nondomestic" reports. 1,569,668 reports through 16 June 2023.

35,487 DEATHS	204,538 HOSPITALISATIONS	4,369 URGENT CARE	
236,637 DOCTOR OFFICE VISITS	10,503 ANAPHYLAXIS	17,111 BELL'S PALSY	
5,015 Miscarriages	20,184 Heart Attacks	27,229 Myocarditis/ Pericarditis	66,765 Permanently Disabled
8,783 Thrombocytopenia/ Low Platelet	37,940 Life Threatening	42,480 Severe Allergic Reaction	15,767 Shingles

■ OpenVAERS is a private organisation that posts publicly available CDC/FDA data of injuries reported post-vaccination. Reports are not proof of causality.
 ■ <https://openvaers.com/covid-data>

**"We know they are lying.
 They know they are lying.
 They know that we know they are lying.
 We know that they know we know they are lying.
 And still they continue to lie."**

Aleksandr Solzhenitsyn (1918-2008)

MEDIA - WEBSITES OF INTEREST

What is main stream media NOT reporting?

Consider following these trusted websites. The Light Australia does not necessarily agree with all information found on these sites. Keep an open mind and use your discretion.

- *Childrens Health Defence* - childrenshealthdefence.org
- *TNT Radio* - tntradio.live
- *CMN News* - cmnnews.substack.com
- *Dr Mercola* - mercola.com
- *Café Locked Out* - cafelockedout.com
- *Club Grubbery Media* - clubgrubbery.com.au
- *The Aussie Wire* - theaussiewire.com.au

YouTube censored Australian politician's maiden speech to parliament

By **REBEKAH BARNETT**

“30 MINUTES of truth bombs” is how one Twitter user described Liberal Democrat John Ruddick’s (pictured) maiden speech to the New South Wales (NSW) Parliament, on 28 June 2023.

Indeed, Ruddick, who left the Liberal Party in 2021 after public disagreements over the Party’s handling of the pandemic response, said out loud in Parliament what many Australians have been saying for some time now – at first privately, around dinner tables, but increasingly more publicly, over workplace water coolers or at the pub – as stating the obvious has become more socially acceptable.

Nevertheless, what is socially acceptable offline is not necessarily ‘allowed’ on social media. YouTube swiftly removed Ruddick’s speech from its platform, just seven hours after it was uploaded. The NSW Liberal Democrats say this is the first time in Australian history that a politician’s maiden speech has been censored by the platform.

The interference of the social media giant in Australia’s political discourse is ironic, given this line from Ruddick’s speech: “We libertarians are plotting to take over the world... so we can leave you all alone.”

A spokesperson for the LibDems says: “We initially posted the video on party founder Dr John Humphreys’ YouTube account. We then circulated that link on other



social media.” Those posts now link to a YouTube takedown notice.

YouTube claims the video violated its “medical misinformation policy”, and implied that removing the video was necessary to ensure YouTube remains a safe place for all.

In the takedown notice, YouTube defines “medical misinformation” as information that, “contradicts local health authorities’ or the World Health Organization’s (WHO) medical information about COVID-19.”

Hear that? Galileo just rolled in his grave.

So, what did Ruddick actually say about Covid that might have disturbed the information gatekeepers?

He said the NSW government had enacted an “authoritarian Covid police state.”

He said the NSW government had given in to “vaccine

extremism,” telling the public, “we won’t let you out until you take multiple injections of not only a rushed vaccine but of an entirely new class of vaccine.”

He said: “NSW Health published weekly data showing, the fewer vaccines you had, the less likely you went to hospital or ICU. The fatality rate was similar for the vaxxed and the unvaxxed.”

He said: “Since the vaccine rollout there has been a 15-20 per cent increase in excess deaths in nations like Australia that had mass mRNA injections,” and questioned whether this might have anything to do with the vaccines, or from locking people up for so long.

He said that take-up of the fifth shot is low “too many know of others with bad reactions.”

He said ivermectin, a drug that won the 2015 Nobel Prize for Medicine, was disingenuously smeared as a horse dewormer. He noted the financial incentives for suppressing ivermectin as a potential treatment for Covid, despite researchers around the world testifying to its efficacy.

He said there have been over 137,000 adverse events reported to the Therapeutic Goods Administration following Covid vaccination, and that many drugs have been pulled from the market for far less than this.

Agree or disagree as you please, but all these claims are evidence-based. As a friend of mine said when disagreeing with my insistence, in late 2021, that the vaccines would not be effective in

preventing/reducing transmission: “We believe different scientists.”

The video of Ruddick’s maiden speech has been reposted on YouTube via the LibDems’ main account and has not yet been taken down.

A spokesperson for the LibDems says: “We’re obviously very disappointed that YouTube feels the need to censor something not only from NSW Parliament but as time-honoured as a maiden speech, but we also oddly must thank them as we’ve benefited from the Streisand effect.”

A spokesperson for the LibDems says: “We’re obviously very disappointed that YouTube feels the need to censor something not only from NSW Parliament but as time-honoured as a maiden speech, but we also oddly must thank them as we’ve benefited from the Streisand effect.”

“The video already has over 225,000 views on one tweet, and is also being viewed in Facebook groups, on Telegram and (for now anyway) a little bit on the federal LibDems’ YouTube page. The interest in the speech certainly seems to have increased exponentially after the YouTube removal, and we’re

getting inundated with positive comments and questions.”

Other notable ‘truth bombs’ from Ruddick’s speech include his criticism of blown-out government debt, and his concern that pursuing a net zero carbon economy is a “reckless folly.”

While the LibDems are benefiting from the Streisand effect for the time being, Member of the European Parliament, Christine Anderson, is dealing with YouTube censorship by suing the social media platform. Anderson reports that YouTube blocked two videos from parliamentary sessions in which she acted on the official Special Committee on the COVID-19 Pandemic.

Anderson has described YouTube’s censorship as “anti-democratic,” saying: “I will not put up with uncontrolled influence on this scale, which is why I have now taken the necessary legal steps to... ensure that all citizens have unfiltered access to relevant information at all times.”

Links to more information:

- **John Ruddick’s maiden speech to NSW Parliament** <https://youtu.be/Hw1zPTDEVxA>
- **Spectator Australia** <https://www.spectator.com.au/2023/06/make-australian-politics-great-again/>
- **Christine Anderson sues YouTube** <https://christineanderson.eu/en/im-suing-youtube/>
- **Rebekah Barnett holds a BA in Communications. Find her work at Dystopian Down Under.** <https://rebekahbarnett.substack.com/>

New Florida legislation heralds increased medical freedoms for citizens

Governor DeSantis and the Sunshine State refuse to bow to COVID tyranny

By **SARAH PERRON**

FLORIDA Governor Ron DeSantis (pictured) has signed a legislative package that scores three massive wins for medical freedom. The new laws place a permanent ban on COVID mandates and restrictions, introduce new protections for physicians’ freedom of speech and practice, and ban gain-of-function research in Florida.

Here is a closer look at what each bill accomplishes:

Senate Bill 252, described on Florida’s government website as the “most comprehensive medical freedom bill in the nation” states “no patient [can be] forced by a

business, school, or government entity to undergo testing, wear a mask, or be vaccinated for COVID-19.”

DeSantis comments that the legislation “protects against medical authoritarianism and rejects the hysteria around COVID-19... The purpose of [the mandates] was not to safeguard your health. The purpose of them was to control your behaviour.”

Senate Bill 1580 protects physicians’ freedom of speech and allows medical professionals to legally decline to provide healthcare services if they don’t align with their personal beliefs. “It ensures that physicians can follow the data, not dictates. And we want our physicians practicing evidence-based medicine;



we don’t want [them] to just defer to authority or to just follow the herd,” DeSantis emphasizes.

House Bill 1387 bans gain-of-function research, which involves the modification of viruses to

increase their infectiousness or severity in order to better understand their function for the development of treatments. This bill makes Florida the first state in the nation to place a ban on this type of research, which Governor DeSantis cites as the probable cause of COVID-19.

Governor DeSantis emphasizes Florida’s focus on putting its citizens first from the very beginning of COVID:

“Our early actions during the pandemic protected Floridians and their freedoms. We protected the rights of Floridians to make decisions for themselves and their children and rejected COVID theatre, narratives, and hysteria in favour of truth and data. These

expanded protections will help ensure that medical authoritarianism does not take root in Florida.”

State Surgeon General Dr. Joseph Ladapo praised DeSantis’ bold stand on behalf of Florida:

“Governor DeSantis has been a pinnacle for freedom, and today we advance the cause of public health and individual autonomy in medical decisions. From empowering patients to safeguarding children in schools, Florida continues to enshrine individual liberty and lead with common sense.”

- **This article was originally published by Frontline.news and is republished here with permission**
- **Frontline News -** <https://tinyurl.com/mr3ks69k>

What is the ‘Forest of the Fallen’?

The silent display speaking volumes

By **AMY HOLDSWORTH**

The loss of a loved one, or their quality of life, can be so difficult to talk about that we might tend not to, creating a silent suffering almost as painful as the loss itself. What if nobody even wants to listen anyway, because it might force them to question a strongly held belief?

This devastating silence prompted Tasmanian artist Selki to create the Forest of the Fallen visual display project. Selki said, “my purpose wasn’t so much about getting these stories shared – as they are already in so many places; my one sole mission was to stop the public from looking away.”

The Forest of the Fallen is a gentle introduction to a dreadful situation; a walk-through collection of photographs and accompanying stories of Australians who are suffering injuries, illnesses or have sadly died following Covid injections. The stories are sourced from articles and data published in the public domain, with each item including references to, “encourage people to do their own research, not to dismiss it because they’re not seeing it on TV”, Selki continued.

The pop-up installation consists of hundreds of laminated white cards mounted on flexible bamboo poles that bend and sway in the breeze, offering an experience that is moving on many levels.

In October 2021 when Selki



Photo courtesy of Max Freedom

held the first display in her Tassie hometown it included 45 stories, was set up across the road from a craft fair – and went largely ignored.

“I just did the display here in Tasmania whenever I could. I did them mostly by myself and gradually added more stories. When Jab Injuries Australia (started by Matt Jordan) began publishing stories I added them too and it continued to grow in size”. Selki credits Matt and Jab Injuries Australia as being a source of great support.

There are now over 500 story pieces in the visual display with over a hundred volunteer groups preparing Forest of the Fallen installations each weekend across Australia, duplicating Selki’s original concept. “A lot of time and energy goes into creating these displays each weekend and I am so thankful to our wonderful volunteers; without them it absolutely would not work. It’s so important that these displays are put together with compassion and gentleness, in

“My purpose wasn’t so much about getting these stories shared – as they are already in so many places: my one sole mission was to stop the public from looking away.”

order for it to grow and hold strength without pushback.”

Although there has been pushback, after two years of consistently bringing compassion and gentleness to local communities the Forest project is largely being embraced. “A display in Adelaide got quite negative

media coverage, however that actually gave us much-wanted attention. [This led to] a website being created and gifted to me by a true angel in Melbourne.”

Media attention is not considered a marker of success for the project – public engagement is. The groups create a ‘silent truth’ by setting up the display and simply walking away, leaving it to speak for itself. “When you take away the judgement, the anger, the debate – when you’re not in someone’s physical way we’ve noticed that people really start to look at the display.”

Some volunteers feature in the display themselves or personally know someone who features in it. They come from many different backgrounds and include medical professionals. Selki believes the Forest has become a talking point inside the medical profession that, “they’re talking amongst themselves even whilst their hands

are tied.” Many people who feature in the display have also contacted her to thank her for providing a platform for their stories to be seen.

The project is “uniting us all, building communities and showing each other that we can do something to help the public to ‘stop looking away’ and we can do it peacefully. There have certainly been challenges along the way, but the support that did happen easily outshone those issues and it took off like wildfire. I believe this is because essentially, most of Australia wants the truth.”

Links for further information:

■ **Forest of the Fallen:** <https://theforestofthefallen.com>
<https://www.instagram.com/forestofthefallenofficial>

■ **Jab Injuries Australia:** www.au.jabinjuriesglobal.com

Blessed are the cigarette makers in UN’s world of woke

By **THORSTEINN SIGLAUGSSON**

All businesses may eventually be required to follow the UN’s Environmental, Social and Governance (ESG) standards. These are intended to measure the contribution of businesses to environmental and social issues, as well as whether their operations fulfil the requirement of equality for all minority groups, real or imaginary.

In Europe, under the new EU Taxonomy, companies are forced to submit complex and detailed ‘sustainability’ reports. The requirements apply not only to the companies; they also have to ensure that their suppliers meet them. Initially, these reporting requirements will only apply to medium to larger firms, but it won’t be long before smaller businesses and even the self-employed will have to comply as well. As the ‘conspiracy theorists’ have it, our homes will be next.

The implementation of ESG standards is a lucrative opportunity for consulting firms specialising in advising executives and company owners on how

to best to comply, or pretend to comply, with the standards, gathering data, and writing thick reports, often published on glossy paper and shelved unread until they end up in landfills.

Recently it was reported that Tesla, one of those at the forefront of the transition to green energy, scored only 37 out of 100 points in S&P Global’s assessment of its performance in the aforementioned categories. It seems to weigh heavily against the company that it is mostly controlled by white males, and its executives have not spent much time or resources supporting various activist groups, or selecting suppliers based on their location in developing countries rather than the quality of their products.

As more and more investment funds demand that the companies they invest in meet the standards, and banks also make such requirements to an increasing extent, those who fail the test may face difficulties with financing.

However, cigarette maker Philip Morris won’t have to worry about this. It scored 84 out of 100 in the latest assessment of its contribution



to improving the world. This performance is not based on the company’s products, which are the main cause of untimely deaths in the United States and cut short more lives than alcohol, drugs, and traffic accidents combined. The carbon footprint of the industry is significant, and its overall negative environmental impact looms large. Tobacco farming is mostly carried out in developing countries, causing deforestation and erosion.

But none of this matters when it comes to the ‘positive impact on society, sustainability, and equality’ as measured by ESG standards. The company claims it ‘empowers’ female tobacco farmers, fights against

‘systemic racism’ (conveniently forgetting that black Americans are proportionally most affected by smoking-related diseases), and emphasises the importance of combating ‘microaggression’ and hiring from diverse backgrounds.

The ESG standards are a serious threat to the freedom of expression. To meet the requirements, companies must control ‘misinformation’ and ‘hate speech’ within their boundaries. Media outlets and social media companies that aim to meet the criteria must suppress discourse that does not align with the approved views of the authorities. The new action plan of the European Union against ‘misinformation’ is justified, among other things, by the ESG standards, but it implies that social and media platforms must silence opinions not favoured by the authorities.

In the early days of the corporate social responsibility movement, it mattered what the companies actually did. Tobacco companies were not popular among young MBA graduates at the turn of the century, and their interview invitations were usually turned down. Times change. Big

tobacco, alcohol producers, and for that matter manufacturers of cluster bombs, poison gas, and torture devices now have nothing to worry about because ESG comes to their rescue. Instead of real social responsibility, glossy reports are now all that’s needed. The real impact of companies’ operations is of no importance, as long as the indulgence certificates are purchased at list price. Pretence is all that matters.

■ **Thorsteinn Siglaugsson is an Icelandic consultant, entrepreneur and writer and contributes regularly to The Daily Sceptic as well as various Icelandic publications. He holds a BA degree in philosophy and an MBA from INSEAD. He is a certified expert in the Theory of Constraints and author of From Symptoms to Causes – Applying the Logical Thinking Process to an Everyday Problem.**

■ **Republished from Brownstone Institute <https://brownstone.org/articles/blessed-are-cigarette-makers-in-un-world-of-woke/>**

Football, propaganda and the Voice

By **JERRY ROBERTS**

SPORTING fans in Perth who slept through the assault on civil liberties of the last three years woke up with a jolt when they found their football team being used to promote a political project.

The West Coast Eagles joined the propaganda war urging us to vote Yes for The Voice in the upcoming referendum to change the Australian constitution.

It appears that when they sign their contracts, our professional AFL footballers become the property of the corporate and political “interests” who run the country.

They are well paid to run around the oval, but do we really want our young athletes to be used for political propaganda? Where are their managers and coaches?

What we are seeing in the Western democracies – especially Australia – is a comprehensive development of Mussolini’s fascism. We have big government, big business, big media, big pharma, big hospital, big university, and in the final crushing blow, big sport.

The effect of this heavy superstructure is to crush the individual, crush small business, crush small farms, crush the vital



Photo: <https://www.flickr.com/photos/thomasrdorog/1022743117/>

organs of a free society and a functioning democracy.

Last year, West Coast Eagles’ footballer Jack Darling was subjected to a Soviet era-style show trial on the issue of player mandates for the Covid injections.

Jack Darling is a tall, strong athlete who’s known as a power forward in the modern game. He can take a big mark and kick a long

goal. In the local establishment media, his injection status was daily headline news.

This was a repeat performance of the 2022 Australian Open Tennis Championship and the chilling way Novak Djokovic was detained and publicly chided across countless media platforms – a time when the country slipped to such a low point that it was an embarrassment to be

an Australian.

There are Australians alive today who saw Ken Rosewall, Lew Hoad, Margaret Court, Rod Laver and Evonne Goolagong play tennis. Their talent, sportsmanship and inherent decency were significant factors in our national pride.

How could our country slip to the status of international police State pariah?

Why are our sporting stars political footballs? Why were Novak Djokovic and Jack Darling subjected to these Soviet era-style show trials?

For the same reason Stalin used this strategy on his comrades and the Chinese Communist Party followed his example.

To intimidate the rest of us.

Are Australians so weak-kneed that we can be intimidated by the tiny-tots in today’s political parties and the pox doctors’ clerks in the bureaucratic and corporate managerial classes?

Are we so feeble-minded that we need footballers to tell us how to vote?

A referendum to change the Australian constitution requires a majority of voters in a majority of States.

Keep it simple. If you don’t understand the proposal, if you don’t trust the proponents and if you don’t trust the process – with everybody and his dog (including the local footy team) telling you to vote Yes – then play safe.

Vote No.

■ *Jerry Roberts is a West Australian journalist*

How easily we are programmed by TV

By **HANAN PARVEZ**
MBA, MA Psychology

FREEING your mind is all about finding out what beliefs you hold in your subconscious, bringing them to consciousness and then eliminating the ones that have no compelling evidence or any basis in reality.

Every single thing you expose your mind to affects it. Your psyche is continually being shaped by all kinds of information that you receive from your environment – and that very much includes television.

It is one of the most effective hypnotic tools out there, having a huge influence on the way you think and your beliefs, and consequently how your life turns out. The clue is in adverts; why would companies pay enormous sums for them if they did not influence a viewer?

Your subconscious mind, which carries all your memories and beliefs and makes you who you are, is directly programmed by watching television.

Your mind slips into the hypnotic trance state within seconds of watching TV. This lowers your brainwaves to a lower ‘alpha state’ commonly associated with meditation and deep relaxation. This is believed to be caused by the

screen flicker and explains why you feel sleepy while watching TV.

Under this trance, your subconscious mind becomes highly suggestible and whatever information you receive from the TV becomes part of your memory pool.

Since beliefs are nothing but memories, this information has the tendency to alter your beliefs or form new ones when it seeps into your subconscious mind. You might think the remote is in your hand and you are watching the programmes but, in truth, you are the one who is getting programmed.

Our conscious mind is a security guard that ensures only information we already believe in is allowed into the subconscious, so that our pre-existing beliefs get strengthened. It has the tendency to reject anything else.

The natural consequence of a hypnotic trance state is that your conscious filters are turned off and you are unable to critically analyse information you are receiving.

Moreover, when you watch TV you are unable to do any thinking because information is bombarded continuously into your mind. You get no time to process what you are watching.

Your conscious mind is eliminated from the equation, and the information you receive



continues to become part of your belief system.

Compare this to reading where you can stop, think and reflect after each line. You, the reader, sets the pace and not the book.

TV, on the other hand, keeps on pouring information like wine into the glass of your unconscious mind and before you know it you are drunk.

This is what we see all around us – people intoxicated with the thoughts of others who never give sobriety a chance by reflecting on their drunkenness.

How many times have you done something just because you saw someone do it on TV?

We are hard-wired to copy

others. This is especially important during childhood when our survival depends much on how well we imitate others, such as in eating.

Our entire childhood was essentially a period of hypnosis. We picked up beliefs from all over the place because our conscious faculty was not fully developed. We did not have the ability to question anything.

We saw Superman flying, got a Superman dress and tried to take off from the balcony. We saw wrestling on TV and fought with pillows in the living room. We saw our favourite gun-carrying heroes and we shot at imaginary aliens in the garden.

This is strong proof that our subconscious mind cannot

differentiate between things we see on the screen and reality. That is why as children we believed all we saw on TV and tried to copy it.

Many people never entirely grow out of it. Countless millions of people are getting programmed daily by what they watch on TV. They might not try to take off from the balcony but their life is a good reflection of what they see on the screen.

Find out what programmes someone watches and you can know a lot about what kind of person they are.

People are trying to live the fictional lives they see portrayed in films, many identify with and copy their favourite celebrities and countless others put total faith in the ‘reality’ presented by their news channels.

TV is not necessarily bad if you are very conscious and deliberate about the things you watch.

Entertain and educate yourself, but do not allow the programmes to programme you with irrational beliefs.

Always try to keep your critical thinking faculty switched ‘ON’ so that you do not let others control your thought processes.

■ <https://www.psychmechanics.com/how-tv-influences-your-mind-through/>

The UN's digital first responders – or the UN's virtual brownshirts?

By **MATTIAS DESMET**

I found it hard to believe at first, but the United Nations (UN) website leaves no doubt about it: the UN recruited more than 100,000 'digital first responders' worldwide during the corona crisis. Melissa Fleming, head of global communications for the United Nations, also described its function in a podcast: to detect and neutralize "misinformation" and "fake news" on social media as quickly as possible by countering it with "accurate, reliable information".

The UN campaign also states it clear: digital first responders use their voice for good [sic], by providing life-saving [sic] information. The 'digital first responder' thus forms an addition to the now well-known 'fact checker'. However, unlike the fact checker, the digital first responder doesn't get paid and the UN doesn't disclose who is working for them. Why not? Perhaps for this reason: whatever strategies these volunteers use, the UN's image won't suffer.

In other words: at first glance, the digital first responders are a group of selfless citizens who fight disinformation purely for a good cause – in the name of "science and solidarity". The question, however, is whether they would more accurately be described as the virtual Brownshirts, unfettered by any ethical rule or moral principle to marginalize, ridicule and criminalize dissident voices.

The UN is not the only major institution that feels obliged to impose its ideology in this way. A fine piece of investigative journalism by Robert W Malone

MD, MS showed that during the corona crisis, the American Centers for Disease Control and Prevention (CDC) paid organizations to silence critical doctors through cyber stalking.

That those digitally roughed up doctors often turned out to be correct is apparently beside the point for institutions such as the CDC and the UN. It doesn't seem to matter what the truth is. The powers that be will eventually realize the best possible society. That goal is so sacred that it doesn't matter by what means it is pursued. Or, something along those lines...

If you read the list of UN goals – the well-known Sustainable Development Goals – you might indeed be tempted to give them communion without confession. Among other things, the UN wants to eradicate hunger (Goal 2), make the oceans plastic-free (Goal 14) and provide clean water (Goal 6) and decent work (Goal 8) for everyone. Who could object to that?

The UN will also tackle poverty and reduce inequality (Goal 1) and is waging this noble fight mainly through donations from The Bill and Melinda Gates Foundation. By donating billions of dollars to charitable work, Gates claims to be reducing financial inequality worldwide. But Bill Gates must know how far he still has to go before he's on par financially with an impoverished Ethiopian child especially since, thanks to his own philanthropy, Gates is becoming even more, not less, wealthy; that means the gap is widening, not narrowing, with such "charitable works". How exactly that works is not my expertise. The Wolf of Wall Street will be able to explain it to you better than I can.

No matter what UN goal you scratch at, a questionable



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Most people will agree that men and women are equal. But it seems that the UN is going along with a woke ideology claiming that men and women are the same. This has gone so far that drawing a distinction between men and women can now be considered a criminal act.

ideological foundation emerges from below its charitable surface. I can appreciate that people are deeply concerned about the environment (Goal 13), but that's not the same thing as going along with an ecomodernist climate discourse. If Bill Gates wants to lower the Earth's temperature by dispersing millions of tons of chalk dust into the atmosphere or by suspending technologically manipulable mirrors between the Earth and the sun, the ecomodernist remedy may well be more dangerous than the disease. Far more dangerous.

Something similar can be said about the pursuit of 'gender equality' (Goal 5). Most people will agree that men and women are equal. But it seems that the UN is going along with a woke ideology claiming that men and women are the same.

This has gone so far that drawing a distinction between men and women can now be considered a criminal act.

It's true that we cannot simply equate the UN with Bill Gates or UN ideology with woke ideology. But it's also true that their ideological foundations – like all ideological foundations – should be the subject of open discussion and debate, whether on social media or elsewhere. And that is exactly what the 'digital first responders' are charged with making impossible.

The UN is even collaborating with social media platforms to develop strategies to promote the dominant narrative and suppress anything that deviates from it. As Melissa Flemming explains: "We meet with the social media platforms regularly. They have made some significant policy

changes. They have been pointing people to the direction of good content – to WHO content, to UN content, CDC content – when they are in that space of searching, and they are trying to suppress misinformation in various ways. Some of it is 'flagging', some of it is putting it way down in their algorithms, some of it is even banning certain groups. But still, despite these measures, we're seeing a huge prevalence of misinformation travelling on social media channels. So we do think there's much more they are gonna need to do to really spot it in real time and to suppress it..." In other words: the virus must be defeated by defeating free speech and dissenting opinions.

But the greatest danger to humanity is not a virus, nor the climate, nor even poverty. The greatest danger to humanity lies in ideological blindness and fanaticism. Man ceases to be human when he becomes so convinced of his own ideas that he wants to forbid those of the other.

I suggest that the UN read their Sustainable Development Goal number 16 again. It's about creating open, inclusive institutions and a society in which everyone feels heard. Do they think deploying an army of 'digital first responders' to censor or discredit any voice with an opinion other than its own will contribute to this? Perhaps yes, if only within its own narrow and dangerous ideology. And that is precisely why its ideology must so urgently be challenged. I wonder if the digital first responders will agree.

■ *Mattias Desmet is a professor of psychology at Ghent University and author of **The Psychology of Totalitarianism**. Substack <https://mattiasdesmet.substack.com/>*

mRNA vaccines fast-tracked for Australian agriculture

By **Dr JOSEPH MERCOLA**

Inspired by the ease and speed with which mRNA gene therapy was approved and implemented during the COVID-19 pandemic, veterinary scientists are now hoping to get mRNA vaccines for animals similarly introduced.

In Australia, Meat and Livestock Australia (MLA) are testing animal mRNA jabs that could be rapidly mass-produced for lumpy skin disease, which affects cattle. The mRNA vaccines are in the spotlight for this because

getting them registered doesn't take as long as the traditional vaccines do.

That the idea is coming to fruition isn't really a surprise: A 2022 article in the journal *Virus* predicted it would happen. "Recently, the successful application of mRNA vaccines against Covid has further validated the platform and opened the floodgates to mRNA vaccine's potential in infectious disease prevention, especially in the veterinary field," the authors said.

Spectator Australia isn't enthusiastic about it, though. "The fall-out of Covid mRNA vaccines is likely to continue for the best



part of a century as a percentage of vaccinated individuals 'die suddenly' or suffer from long-term debilitating illnesses," Spectator said.

"[Yet] instead of suspending all mRNA vaccines until we understand what went wrong, they are being given priority treatment

by regulators and championed by manufacturers who love the competitive edge of speed their production offers. Governments, particularly the (broke?) Victorian state government, are funnelling tens of millions into mRNA development to keep capitalizing on the political popularity they enjoyed during the Covid era."

■ <https://www.spectator.com.au/2023/06/mrna-vaccines-fast-tracked-for-australian-agriculture/>

■ *This article was brought to you by Dr Mercola. A multi time bestselling author. For more helpful articles, please visit mercola.com*

Why medical discrimination should never be justified

By **Dr JUDY WILYMAN**

IN 2021-22 many people experienced discrimination in society based on their medical decisions. People who chose not to have the experimental mRNA COVID-19 'vaccines' were labelled unvaccinated and removed from workplaces and social environments. By 2023 it became clear that this was a government directive that was not based on any scientific evidence.

This new drug that was promoted as a 'vaccine' had never been tested to see if it could prevent people from getting COVID-19 disease nor if it could prevent transmission of this disease in the community. Yet it was promoted to the public in 2021 as a prevention for COVID-19 disease. The government stated, "this product will prevent you from getting COVID-19 disease."

Here are the reasons why medical discrimination was wrong and why it must never be allowed to happen again.

Labelling a healthy person as a health risk by calling them 'unvaccinated' incorrectly assumes that they do not have natural immunity to the disease. This was a false assumption promoted by the industry that profited from the 'vaccine' roll-out in 2020-22, and it is the reason that there are no grounds for medical discrimination of the so-called 'unvaccinated' ever.

The removal of people from participating fully in society causes social anxiety and ostracism that lives on after the event, particularly when people were led to believe that the ostracism was for the 'community good'. This has resulted in broken relationships with family and friends that have still not been



Photo by iStock.com/william87

mended, and they cannot be healed until the truth about the COVID-19 injections is exposed.

Medical Professionals are now informing the public of the dangers of COVID 'vaccines' through the Australian Medical Professional Society (AMPS) website. Renowned UK Cardiologist, Dr. Aseem Malhotra toured Australia in May-June 2023 to reveal the dangers of COVID 'vaccines', as did US cardiologist, Dr. Peter McCullough earlier in the year.

The false information provided by the government about the safety and efficacy of these experimental COVID-19 injections is confirmed in this peer-reviewed journal article titled 'The mRNA vaccines are neither safe or effective, but outright dangerous' and in Pfizer's own documents that prove they were never tested to see if they are effective in preventing any COVID disease or that they were safe.

The following article proves that Pfizer knew they were not proven effective or safe when they were mandated to the public in government directives in 2021-22 – "Pfizer, FDA and CDC Hid Proven Harms to Male Sperm Quality, Reproductive Function from mRNA Vaccine Ingredients." Many doctors are now revealing the harm caused to the reproductive systems of women and

men due to these harmful genetically engineered products.

The false promotion of this drug to the public as a 'vaccine' through government policies and advertising campaigns is the reason why removing informed consent to medication is a violation of medical ethics and principles, as well as the International Human Rights Covenants that Australia has ratified.

The mainstream media is still

The false promotion of this drug to the public as a 'vaccine' through government policies and advertising campaigns is the reason why removing informed consent to medication is a violation of medical ethics and principles, as well as the International Human Rights Covenants that Australia has ratified.

not reporting these facts to the community in 2023 even though a Class Action has been set up in Australia to help thousands of people whose lives have been destroyed by COVID injections.

The COVID-19 Vaccine Related Injuries Class Action has been set up by NR Barbi Solicitor Pty Ltd against the Australian government, and Brendan Murphy, who was

the Secretary of the Department of Health, and John Skerrit, who was the head of the Australian Therapeutics Goods Administration (TGA).

The injuries include strokes, heart attacks, infertility and reproductive issues, blood clots, joint and muscle pain, dementia, autoimmune diseases, neurological issues, cancers, death, etc. It is now a pandemic of the vaccinated and hospitals are under immense pressure due to all the 'vaccine' injuries.

In Australia in 2021-22, like all highly vaccinated countries, we experienced a significant unexplained 15.1% increase in all-cause deaths, across all age groups. This occurred simultaneously with the rollout of the 'vaccine' and the Australian government has voted not to investigate this significant increase in all-cause deaths that was potentially caused by a medical intervention that was coerced on healthy people with

excess death data in 2021-22 that shows conclusively the high incidence of deaths is due to the COVID-19 'vaccines' – 'Simpson's Paradox in the Correlations Between Excess Mortality and COVID-19 Injections: a case study of iatrogenic pandemic for elderly Australians.' (Sy Wilson).

I would recommend that you watch the Oracle Film titled 'Safe and Effective: A Second Opinion' that describes the harm that millions of people globally have now suffered because they believed the government's narrative that this experimental injection was a 'vaccine', instead of an untested genetically modified mRNA drug.

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- **Judy Wilyman PhD - Bachelor of Science, University of NSW, Diploma of Education (Science), University of Wollongong, Master of Science (Population Health), Faculty of Health Sciences, School of Public Health, University of Wollongong. PhD in: 'A critical analysis of the Australian government's rationale for its vaccination policy' (the science, politics and ethics of Australia's vaccination policies), UOW School of Humanities and Social Inquiry.**
- **Website:** www.vaccinationdecisions.net

High Court setback but Billy Bay fights on

By **JERRY ROBERTS**

The High Court has dismissed an application by suspended Doctor William Bay and ordered him to pay the legal costs, but the crusading Queensland GP is heading back for a second round with their Honours.

Having lost none of his confidence, Billy Bay sought to apply to the Appellate Jurisdiction of the High Court. On 4 July, the Court accepted his application.

In legal language, William Bay now has a new matter in the High Court and it is an Application for Leave to Appeal. The suspended doctor sees a clear path of appeal,

because he claims that the dismissal of his original application contains errors of fact.

Justices Gordon and Stewart, in their judgement of 7 June 2023, directed the case be sent back to the Supreme Court, writing in their brief reasoning that there was no urgency.

For suspended Dr Bay, the urgency is the regulation of approximately 850,000 health practitioners Australia-wide and, therefore, the health and safety of all Australians.

The application originally went to the High Court, in William Bay's words, "due to the overwhelming number (and substance) of the constitutional issues in my case."

The original application goes



to the heart of the constitutional validity of the Health Practitioner National Regulation Law, known in the health industry as The National Law, and names The Australian Health Practitioner Regulatory Agency (AHPRA), The Medical Board of Australia and the State of Queensland.

false government information.

These excess deaths in all age groups did not occur in 2020, during the alleged 'pandemic', but at a time when the solution was rolled out. So, if the 'vaccines' were safe and effective, a decline in deaths and illnesses should have been observed by 2023, not an increase.

A paper has recently been published based on the Australian

law to argue his way to the top Australian court.

Can a medical professional succeed on the home ground of the legal profession? Watch this space.

Billy Bay exudes confidence and fighting spirit. He is earning the status of folk hero in the Freedom Movement and we are going to hear a lot more of his campaigns in Queensland and Canberra.

■ **For more information –** <https://qpp.life/>

■ **Donations to support Dr Bay –** <http://www.tinyurl.com/supportdrbay>

■ **Jerry Roberts is a West Australian journalist**

Natural Home



Soap

Soap can be very drying to a lot of skin types and strips the skin of its natural moisturisers and defences. Conventional soaps can wreck the skin by changing its pH, obliterating healthy bacteria and stripping vital oils.

Even a 'moisturising, antibacterial' soap bar that is billed as 'gentle and hygienic' contains a list of unpronounceable chemicals. Remember that what goes on your skin ultimately goes into your body too.

Alternative

Oil Cleansing.

This involves pure oils, rinsed away with a damp washcloth.

For dry skin, start with ½ teaspoon of olive oil and ½ teaspoon of castor oil.

For acne-prone skin, start with ½ teaspoon of jojoba oil and ½ teaspoon of castor oil.

Apply before wetting your face, massage into the skin, then wipe away with a warm, damp cloth.

Dry brushing. Remove dead skin cells and dirt from the surface of your skin. This also helps lymphatic drainage. Most shops will sell a natural bristle brush in the bathroom aisle.



It's safe to say readers will be pretty univ

However, despite this, it can be difficult to find natural products in our homes and on our bodies. It's not always accessible and when the brands have been marketing their minds through relentless

With commercial brainwashing so rife, it's never easier to take action in utilising other, more natural hygiene to laundry and bath

Ickonic Media's wellbeing writer, shares natural, nontoxic alternatives to some of the most available household a



Bubble Bath

A bath is a relaxing way to wind down, release tension and shut out the world. However, shop-bought bubble baths contain harsh chemicals that are best avoided.

Alternative

Instead of using bubbles, try filling a muslin cloth with a selection of herbs and aromatherapy oils.

Tie the muslin cloth to a bath tap and let the aromas spill out. The muslin cloth can also be used to exfoliate the skin and remove dead skin cells without the need for an exfoliator.



Nappies

Not only is it pricey to use disposable nappies, it is terrible for the Earth. Countless non-biodegradable nappies end up in landfill, destroying the Earth's natural minerals in the process.



Washing Powder /Tablets

Despite the useful nature of washing tablets, they are still adding chemicals into the water system and in turn are causing harm to marine life. So it's worth considering other natural and eco-friendly options.

Alternative

Soap Nuts

Keep your laundry products as natural as possible with these little miracles that grow on trees in the Himalayas!

Soap nuts have been used for centuries in India and Nepal and are great for sensitive skin. Just put a handful (about 5 or 6) into each wash and they can be reused multiple times. A 1kg bag should last for around 100 washes.

See <https://soapnuts.net.au>



Baby Cream

Popular baby creams may 'do the job' but also contain many unnatural ingredients and are highly fragranced.



Conditioner

Synthetic ingredients in commercial shampoos allow for an increase in shelf life but are not good for your hair.

Some silicones in these products (like Sodium Laureth Sulfate) are aggressive chemicals that damage follicles in the long-term, leaving hair dry and brittle.

Alternative

Aloe Vera gel.

Massage it through your strands, and it can be left on overnight for best moisturisation of your follicles.

You can also try Black Cumin Oil (massage/comb in after shampooing and rinse off 30-60 minutes later) and it comes as no surprise that coconut oil and apple cider vinegar also make the list!



Bathroom Cleaner

While it may seem necessary to involve harsh chemicals in the process of disinfecting our bathroom surfaces, there is another way. When spraying bleach-like substances into the environment, we breathe some of that in, which is harmful to us.



Toothpaste

That fluoride crops up in most mainstream toothpaste brands. It's almost as though they're trying to dumb down the population...

The amount of this utterly toxic chemical that people consume via this method is astonishing.

Alternative

Try mixing coconut oil together with bicarbonate of soda and black charcoal powder to form a paste.

Why buy something with '0.02% black charcoal extract' [which they put on the label to capitalise on wellness trends] when you can go straight for the main ingredient itself?



Hair Gel/Wax

'Xylitylglucoside, dimethiconol, PEG-20 stearate' – all ingredients listed in Brylcreem products. What even are they?

You can nourish and enrich your hair whilst styling, with a natural alternative...



For more health, wellbeing articles, visit www.ickonicmedia.com

e Alternatives

s of The Light Australia ersally pro-health.

It to avoid using Big Pharma's chemical
ies, especially when they are so readily
been drummed into our subconscious
s advertising campaigns.

e worldwide, it is more important than
more natural products, from personal
room and kitchen cleaning.

Tommy Holgate, provides a list of
the most popular commercially-
and hygiene products.

Alternative

Reusable cloth nappies.

While this method involves a little bit more work on the, erm, back end, the quality of fibres of the cloths – which you can even get in hemp – are superior for your baby and ultimately more natural and economical.



Alternative

Olive oil and water.

Simply whisk a tablespoon of olive oil with 5 drops of water until it forms a creamy smooth texture and apply to baby's clean, dry skin.



Alternative

Whisk together 2 tablespoons of liquid castille soap, 1 tablespoon of baking soda, 2 cups warm water into a 500ml spray bottle. Add 30 drops of tea tree and 20 drops of sweet orange essential oils if available, for a fresh scent.



Alternative

A homemade mixture of (equal parts) coconut oil, shea butter and jojoba wax (melted and blended) will do wonders, or you can purchase a natural product like the 'Rugged Nature' one, pictured, which is unscented and made from shea butter, beeswax and apricot kernel oil.



ing and natural living
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Perfume



Many popular commercial designer perfumes are not only mixed with unnatural elements, but they cost an arm and a leg too. You're best off ditching these extortionate rip-off products and actually feeding your skin while refreshing and smelling good.

Alternative

Oil-based aromatherapy rollerball.

Use a scent-free carrier oil such as almond or grapeseed. Fill a small rollerball container and add 20-30 drops of an essential oil of your choice. You can also make a version of a room mist that doubles up as a body fragrance.



Air Freshener



Have you ever noticed that big brand products – while relatively effective at clearing scents in the home – can leave you with a headache? It's no surprise when you look at what it is you're actually breathing in.

Alternative

Make a room mist spray. Fill a 500ml - or thereabouts - spray container with filtered/distilled water, add 20-30 drops of your favourite refreshing scents (something floral and uplifting like pine, tea tree, orange, geranium) shake up and you're ready to go. These can also be used as 'eau de toilette' alternatives in the form of a body mist.



Shampoo



Many shampoos contain sulphates and silicones. These ingredients make a shampoo foam and leave your hair feeling clean and glossy, but over time, they may also dry it out.

Alternative

Apple Cider Vinegar and Baking Soda

Many people say that washing your hair with a combination of these two can miraculously transform tough, tired tresses. As we have seen, apple cider vinegar can certainly clean things. Multiple studies have shown its antifungal and antimicrobial properties.

Try this method – 1) mix 1 part baking soda with 3 parts lukewarm water. Mix into a paste and apply to your hair. Leave for 2-3 minutes then rinse. Follow with an apple cider vinegar rinse. Use 2 or 3 tbsp of apple cider vinegar with water, 2) Pour the mixture over your hair in the shower, let it sit for 2-3 minutes, rinse out and you're done!



Baby Wipes



Similar to nappies, these products are uneconomical and mass-produced, as well as many containing fragrances and chemicals that can be harmful to baby's skin.

Alternative

Make an all-in-one baby wipe solution.

Use ½ a cup of filtered water, 1 tbsp carrier oil, 1 tbsp liquid coconut oil, 3 drops each of lavender and chamomile essential oil, 1 tbsp aloe vera oil, 4 drops tea tree oil (if baby is over 6 months) combine in a squirt bottle and shake vigorously. Spray onto muslin cloth that can be washed and reused.



Mouthwash



Mainstream mouthwash products contain alcohol and other chemicals that are not conducive to a healthy system. Preservatives like benzoic acid and sodium benzoate, along with chemical colourings that serve no purpose other than making it stand out on the shelf.

Alternative

Combine 2 tsp baking soda, ½ cup distilled water, 15 drops peppermint essential oil, 1 tsp liquid coconut oil in a glass bottle, shake vigorously, use 1-2 tsp per rinse.

Or simply swill and gargle straight apple cider vinegar. This doesn't taste or smell as minty fresh, but will definitely kill germs and remove bacteria from the mouth!



Heal the divide, or fight to the death against the new normal?

By **JEAN CURTHOYS**

Robert Kennedy Jr, hero of the fight against the Covid mandates, is campaigning for the U.S. Presidency on a promise to “heal the divide”. The divide in question is the familiar one between so-called “social progressives”/ leftists (the “woke” to their antagonists) and “right wing” conservatives. It is widely known as the culture wars.

Both sides of the divide have their preferred mainstream media, which provides them with a picture of the world that is unrecognisable in the world view of the other side. So “informed”, conservatives believe that progressives are Soviet-era-style Communists and they, in turn, believe that conservatives are either themselves white supremacists or closely allied with them. The two sides are wildly out of touch with each other.

Given that healing the divide would seem to be unequivocally a good thing, it is significant to note some of Kennedy’s strongest supporters take issue with it. C.J. Hopkins is a one-time successful playwright who now writes against the “New Normal” – the name for that combination of propaganda and censorship seeking to normalise the completely abnormal attacks on human rights of recent years.

For Hopkins, “society is split in two, the two ‘realities’ battle it out for dominance... this is a fight to the death. In the end, only one ‘reality’ can prevail... we are not looking for a leader who can ‘heal the divide’. We are in a fight. We are fighting for reality. We’re fighting for what’s left of reality.”



Photo by iStock.com/NiseriN

Both sides of the divide have their preferred mainstream media, which provides them with a picture of the world that is unrecognisable in the world view of the other side

Now it doesn’t take much to see that Hopkins and Kennedy are talking about different “divides” (as a subsequent exchange between them makes clear). Kennedy is concerned with the division within the mainstream, which roughly aligns with the gap between the major political parties and opposing sections of the established media.

However, with few exceptions – in Australia, there is One Nation – all the major political parties and both sides of the established media arguably promote the New Normal.

Hopkins’ “divide” is between the whole of the mainstream and those it has rejected as the “ratbag fringe” of conspiracy theorists – in effect, those who recognise the New Normal as the new fascism.

The distinction is important for the civil rights movement as it becomes increasingly embedded with the conservative side of the culture wars. For it is observable that, in the various support groups for the “unvaccinated”, there is a significant drop out rate of those who may be sympathetic to the Pride rainbow; or to the dominant

view on climate change; or who would vote “yes” to the Voice. The culture wars have invaded the civil rights movement and the conservative side is winning.

There are good reasons for this, disappointing and bewildering as it is to those of us who once saw ourselves as on the left. Quite simply, the strongest voices against Covid policies came from the conservative side of politics and conversely, the most enthusiastic enforcers of Covid Lockdowns and mandates were on the left. As well, most of the powerful forces behind the New Normal also promote “progressive” causes.

That said, at least as far as the ordinary population is concerned, the culture wars is a quite different beast from the Covid wars for the very reasons spelled out by Kennedy and Hopkins respectively. Common ground can be found in the first and not the second. It is important our movement find that common ground

and, with a certain spirit, we can.

Take, for example, the very divisive trans question. Some of those becoming estranged from the civil rights movement are gay or trans, some are parents who see no harm in their teenage children experimenting as “non-binary”, and others are backing away from what looks like vilification of a fragile and misunderstood minority. Given good faith and willingness to make a few distinctions, it should not be that hard-to-find areas of agreement or, at least, respect.

Much of the intensity would be defused if one side could accept that to disagree with a non-biological theory of sex does not make one transphobic and the other side were to recognise that despite social contagion, medical excesses and Orwellian NewSpeak – in which women have penises, men have babies and pronouns are a matter of choice – there are very real issues at stake for trans people.

The general point is not only that the civil rights question is distinct from the virtues or otherwise of either side of the culture wars, which function as mighty diversions. Nor is it only about retaining support for the movement. More seriously, this division is one that requires healing for it has become insanely polarised and destructive. It is a society-wide divide which we have to address it because it cannot but permeate our movement.

■ *Jean Curthoys is a retired academic now living in Tasmania. Her academic publications include **Feminist Amnesia** (Routledge, 1997).*

Dutch farmers block highways to protest new environmental mandates

By **YUDI SHERMAN**

‘Not all farmers can continue their business’.

Farmers in the Netherlands are protesting across the country after the government unveiled new environmental regulations that will put many farmers out of business.

“The honest message... is that not all farmers can continue their business,” said the government according to ABC [News], and those who do will need to rethink how.

The regulations, which include cutting the highway speed limit from 130 km/hr to 100 km/hr during the day, are part of a goal to scale back 50% of pollutant emissions by 2030. Two of these

pollutants – ammonia and nitrogen oxide – are found in livestock urine and faeces. According to government estimates, placing caps on ammonia and nitrogen oxide emissions will shutter about 30% of the country’s farms.

Roughly 40,000 farmers took to the streets early this week to protest the government’s decision, setting bales of hay ablaze and spreading manure along highways. Many have also blocked distribution centres for supermarkets and circulating video footage shows scuffles between the farmers and undercover police at The Hague.

But the Dutch government isn’t the first to become more “environmentally friendly” at the expense of livelihoods.

Other governments like



Strathcona County in Alberta, Canada will begin rationing rural residents’ own livestock, as reported by America’s Frontline News. With the new Responsible Livestock Ownership Bylaw, Strathcona

County will regulate how much livestock farmers can keep and on what land.

“The proposed bylaw outlines the type and amount of livestock that will be permitted on rural properties based on property size and land use zoning,” says the county’s website. “This will help address resident needs while protecting animal and public health and safety, the environment, and the economy.”

The approach used by the Netherlands and Strathcona County is in line with the World Economic Forum’s (WEF), which counts climate change as the biggest existential threat to society at large. The globalist organization has also recommended that the public eat insects to fight climate change, hopes to phase out most meat-eating

and wants people to be charged for their carbon emissions by 2030.

As another part of its plan for a socialist utopia by 2030, the WEF envisions “land, air, water, landscape, natural resources” as being “not state property and they are not private property.”

■ *This article was originally published by **Frontline.news** and is republished here with permission. <https://www.frontline.news/post/dutch-farmers-block-highways-after-new-environmental-mandates>*

■ *Yudi Sherman is a writer and reporter for America’s **Frontline News**. Yudi received his B.A. in Communications from **Reichman University**, where he studied media tactics and strategies.*

The Cape Byron Lighthouse Declaration:

A 'suspended' guide to making healthcare great again

By **Dr JULIE SLADDEN**

CAPE Byron Lighthouse stands proudly on Australia's most easterly point sending a whopping two million candelas of light, 50 kilometres out to sea each night. It is our brightest lighthouse and arguably Australia's most famous. As the first lighthouse to welcome the dawn of a new day, each year thousands make the pilgrimage to watch the sunrise.

Lighthouses have served mariners for centuries, warning of nearby dangers. Cape Byron is no exception, guiding the route of countless mariners with its beams offering security and guidance. It seems, therefore, a fitting place for three resolute Australian health professionals, to gather and make a declaration against the censorship, coercion, and medical tyranny of the past three years.

These three would call themselves ordinary Australians, but when you hear their stories, you realise they are anything but. Critical care and anaesthesia specialist doctor Paul Oosterhuis, mental healthcare doctor Robert Brennan, and 'former psychologist' Ros Nealon-Cook did not know each other three years ago, but their paths brought them to the same point in September 2021. And that point can be described with one word: suspended. Their crime? Speaking out against Australia's Covid pandemic response.

Rather than step back into the shadows, they have instead renewed their vows to stand and propose a blueprint for the redemption of healthcare in The Cape Byron Lighthouse Declaration.

Each of their stories is different and you can listen to a full version online, but I'll give you the abridged version here. Dr. Brennan was suspended following complaints for distributing flyers and his association with the Covid Medical Network (now Australian Medical Network). Dr. Oosterhuis was suspended following anonymous complaints regarding his social media posts. And Ros Nealon-Cook was

suspended following ten complaints about a video she released outlining serious harm to children due to the Australian government's pandemic response measures.

Hardly crimes of the century. In fact, not crimes at all.

When you consider that one of AHPRA's purposes is to 'protect the public' what possible motive could there be for suspending a qualified, experienced, and respected health practitioner for expressing their professional opinion in the context of a health issue?

I digress.

Ros Nealon-Cook describes how these three found each other and the idea for the declaration:

When you consider that one of AHPRA's purposes is to 'protect the public' what possible motive could there be for suspending a qualified, experienced, and respected health practitioner for expressing their professional opinion in the context of a health issue?

'We were all suspended within several days of each other in September 2021 and were all targeted. We became sort of like war buddies. Quite draconian measures were used by AHPRA, by the boards, by the Health Care Complaints Commission, and all these different tentacles of the government. We were threatened with criminal action and all sorts of things. It was just this constant campaign of bullying... They even came after me for a psychiatric evaluation, which I didn't go to, but they did on me by transcribing interviews.'

Yep, you read that right: a psychiatric evaluation was done on a healthcare practitioner, without them even being there.

(Who are these people?!)

Nealon-Cook continues, 'The idea for the declaration started as a bit of a joke, and one day I just said to Paul and Robert, "Oh for goodness sake, let's do our own Great Barrington declaration...'



transparency and reform in science and medicine and to halt the increasing globalisation of public health. We demand the restoration of voice and decision power to individual practitioners – and those they serve.

Since its launch a few weeks ago, the declaration has received international attention and signatures from around the world including France, Germany, the Netherlands, Canada, the UK, and the US with numbers increasing daily.

Three years ago, I could not have conceived we would need such a declaration. But the Covid years have revealed the diseased underbelly of healthcare and its powerful influences. Healthcare, nor the people it serves, cannot thrive in the presence of censorship, coercion, and unethical behaviour.

Mandates and other forms of medical coercion are unethical – and must cease. Bodily autonomy is the inalienable right of every individual – and must be respected.

but we'll make it all about the censorship and bullying of health professionals." We had a bit of a laugh about it, and that was it.'

But, as many ideas do, the idea germinated. So, on the dawn of January 22, 2023, the Cape Byron Lighthouse Declaration was born. It states:

All silencing and censorship by bureaucrats and regulators, including of experienced practitioners and scientists must stop. There must be respect for every individual's right to freedom of opinion and expression.

The right to 'informed' consent must be upheld – and must include being fully informed of relevant risks, as well as any benefits (proven or presumed).

Mandates and other forms of medical coercion are unethical – and must cease. Bodily autonomy is the inalienable right of every individual – and must be respected.

There is an urgent need for

So, the time has come to remind ourselves, our governments, and our leaders of the core foundations.

If the stories of these three health professionals demonstrate anything, it is that silencing and censorship do not work. Eventually the dam wall breaks and such 'ordinary people' break through. 'We didn't die,' says Oosterhuis. 'We got louder.'

'Paul, Rob and I, we're just normal people,' says Nealon-Cook. 'We're not media trained, we fumble our words and stumble along. But would we do it again? Absolutely. Because we have to. We have to do this, and we've lost everything. We've lost our careers. We've lost our reputations. We've lost friends. It's had really serious impacts on family. But this is so important, and we would do it again and again and again.'

'People keep saying to all of us, "Oh you're so brave. I could never do that." I wasn't brave. I was terrified when I did it, but I'm more terrified of what will happen if we don't turn this around. Because potentially we're going to be living in a world where there's complete censorship, of any debate, any scientific debate, any expertise that doesn't fit in with the narrative.'

The call to action is clear.

'There's a lot of people that are still waiting for this to be solved by someone else. They're still waiting for the hero on the white charger or the likes,' says Nealon-Cook. 'The key piece is that everyone needs to stand up. And the sooner that everyone does that the sooner this is all over.'

■ **Read and sign The Cape Byron Lighthouse Declaration** <https://lighthousedeclaration.org/declaration/>

■ **Dr Julie Sladden is a medical doctor and freelance writer with a passion for transparency in healthcare. Her op-eds have been published in both The Spectator Australia and The Daily Declaration. In 2022, she was elected as a Local Government Councillor for West Tamar in Tasmania.**

■ **Republished from Spectator Australia** <https://tinyurl.com/5entzmtm>

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Photo courtesy of Max Freedom

A hidden tale of three cities

By **BETH ANGEL**

TO further understand how the world is controlled, we must ask ourselves what the City of London, the Vatican, and the District of Columbia (Washington DC) have in common, apart from their giant stone obelisks at the centre of each city.

Each of these is a corporation in its own right, coming under no authority of Britain, Italy, or the United States. They pay no taxes, have separate laws and police forces, and even have their own flags.

The one square mile (about 2.6sq km) City of London controls global economies, the Vatican (3sq km) the global spiritual needs, and DC (about 26sq km) our global politics and military events.

Together they control politicians, the courts, educational institutions, food supply, natural resources, foreign policies, economies, media, and the money flow of most nations as well as 80 per cent of the world's wealth.

This is not something new that has sprung up since World War II or the Great War of 1914-18. It has always been this way.

City of London

King William III bestowed sovereign status to The City of London way back in 1694, allowing the people to enjoy rights and privileges, so long as they recognised him as their king.

Westminster was built as



St Peter's Square, Vatican City, Rome

Britain's new capital in later years but to this day laws passed in the British Parliament do not apply to the City of London.

The City of London is home to the Rothschild-controlled Bank of England, which controls the City of London, Lloyds of London, the London Stock Exchange, all British banks, 70 American banks, and branch offices of more than 350 foreign banks.

It is also the headquarters of The Crown, which is not the Royal family as we have been led to believe but a worldwide money cartel that controls the global financial system and the governments of all Commonwealth countries as well as some non-

Commonwealth nations, such as Greece.

The Royal family refers to the City of London as "The Firm".

Washington DC

The District of Columbia has its own independent constitution which operates under a tyrannical Roman law called Lex Fori. The American Constitution has as much relevance to DC as it does to Australia or any other country.

In 1871 Congress passed an Act known as, THE UNITED STATES and corporate government for the District Of Columbia, allowing DC to act as a corporation. On its flag are three red stars, each representing DC, the Vatican, and the City of London.

This begs the question of whether or not the people of the United States of America (note the difference between the US and the USA) were ever truly freed from British control as a result of the War of Independence.

Although the Treaty of 1783 declared independence from Britain, it identified the English monarch as the Prince of the US. Why would a treaty even be necessary if the Americans won the war? Further research into this question is recommended.

Vatican City

The Vatican is probably the last remnant of the Roman Empire and although it is the wealthiest of the three cities, its finances are controlled by the Rothschild Bank of England and the US Federal Reserve.

Under the auspices of these three cities are several "secret" societies and groups, one being the Fabian Society, which follows the ideologies of Fascism, Nazism, Communism, and Marxism, according to its 1887 manifesto.

In 2001, a former Australian senator from South Australia said: "You probably were not aware that us Fabians have taken over the CIA, KGB, MI5, ASIO, IMF, the World Bank and many other organisations."

Together, these organisations are responsible for:

Global warming/climate change policy – UN Agenda 21, Big Pharma, System of local government, Abolition of property

rights, The Patriots Act, the Human Rights Bill, the European Union Constitution, the Security and Prosperity Partnership.

All the above deserve to be examined in detail by readers, who after diving deep are bound to gain a much better understanding of how the world is run.

What most will discover is that most, if not all, global events and legislations passed almost in unison around the world are connected to one big global plan.

Further Information:

- **1783 treaty of Paris:** www.treatyofparis.com
- **YouTube:** <https://tinyurl.com/59u7ed92>
- **The many Sovereign City States:** <https://tinyurl.com/2p9csajn>
- **Washington DC, City of London and the Vatican are sovereign states:** <https://tinyurl.com/5y5yth69>
- **Empire of the City (States) The Crown, Washington DC, The Vatican:** <https://tinyurl.com/2fvzjn2t>
- **Omega Times** <https://tinyurl.com/phs5znky>
- **Beth Angel is a retired journalist, who has closely followed geopolitical events with a career spanning The Daily Telegraph Sydney (Cadetship), Sub-Editor Canberra Times & Fed Govt Public Affairs Advisor 1987-1996, Sub-Editor The Australian 1996-2012.**

Climate change fraud and The Club of Rome

By **TOM D. TAMARKIN**

The patently false notion of Anthropogenic Global Warming (AGW) and climate change was first conceived of by the Club of Rome in its efforts to promote the need for population reduction based on the restricted availability of energy, under the guidance of a united worldwide government.

The movement took root in October 1975 when Dr. Margaret Mead, president of the American Association for the Advancement of Science (AAAS), aided by associates Paul Ehrlich, Stephen Schneider, John Holdren and George Woodwell, held the "Atmosphere: Endangered and Endangering" conference in North Carolina where Mead used global warming caused by Carbon Dioxide (CO2) as the predicate for population reduction and eugenics.

Subsequently, individuals in the United States fraudulently established and promulgated "carbon trading" institutions for purposes of

levying taxes on those who purchase hydrocarbon based fuels. As a component of this scheme to initiate, mandate and facilitate carbon taxes, the U.S. Environmental Protection Agency (EPA) was fraudulently induced to define CO2 as a "pollutant"; a ruling which was later upheld by the U.S. Supreme Court during litigation.

The U.S. Congress attempted to hold hearings and issued subpoenas to the leaders of the EPA to investigate why CO2 was improperly defined as a pollutant. This resulted in outright lies, lack of responses and the resignation of the Director of the EPA.

The scientific community unknowingly and unwittingly aided and abetted the deceit based on the computer generated hockey stick curve created by Dr. Michael Mann, et al, and first publically discredited by "MIT Technology Review" in October of 2004.

Government published statistics show that \$178 billion dollars of tax payer funds has been spent on direct climate change related technology and



Photo: Walter Frehner

science, and funds given to other nations as a result of the climate change hoax, from 1993 to 2017.

The government has systematically enabled the continuation of this fraud through billions of dollars spent annually, by funding university research and government labs doing "climate research".

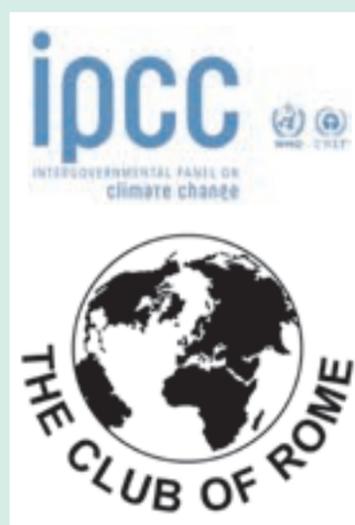
The false notion of AGW and/or man induced climate change has spawned tens of thousands of new businesses worldwide. The total Climate-Industrial Complex is a \$2-trillion-per-year business. These companies are virtually

100% dependent on the politically driven notion of "dangerous man-made global warming and climate change".

The media, public and political establishment constantly recite the assertion that 97% of scientists say the problem is real and man-made carbon dioxide is the cause. However, increased concentrations of CO2 in the atmosphere do not lead to global warming and climate change. Carbon dioxide is a trace gas in the atmosphere.

The major "greenhouse gas" is water vapour. An intricate feedback system regulates the Earth's temperature, maintaining immunity from temperature increases and decreases due to such trace gases. The global warming hoax has taken root the world over.

The United Nation's Intergovernmental Panel on Climate Change (IPCC) along with the Club of Rome have become political bodies whose intentions are the restriction of energy availability, the reduction of population and the establishment of a one world government institution. As a result



of this reckless activity, millions of people's lives will be negatively impacted, including a tremendous loss of life.

This entire set of facts and their basis in fact must be brought to the attention of the vast majority of the American people and then to the people of all nations.

- **Read more at** <https://climatecite.com/tom-tamarkin-2/>

The courage to face COVID-19

A book review by
KATE RICHARDS

THIS is the gripping tale of how the pandemic unfolded in the life of Dr. Peter McCullough. Pre-COVID he was at the top of his career. He was the vice chief of Internal Medicine and the program director of Cardiology at the Baylor University Medical Center in Dallas.

John Leake is an award-winning true crime writer. It seems the universe conspired to bring the writer, who usually lives in Vienna, and the physician together to write this moving account.

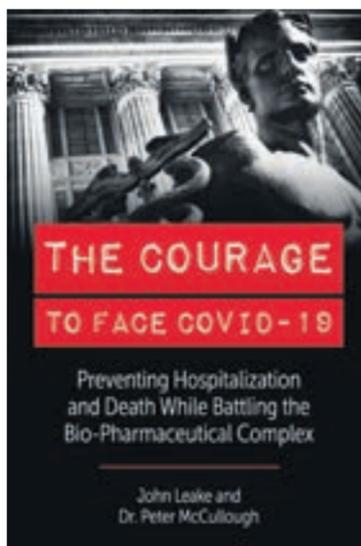
The story starts in early 2020 when the virus hit the USA. Doctors there, like here in Australia, gave the advice - stay home until you have difficulty breathing, then go to hospital. This callous treatment, or lack of treatment, made no sense to Dr. McCullough. When in medical history have we let an infection

proceed to a life-threatening point before offering treatment?

Dr. McCullough and his wife contracted COVID-19 early in the pandemic. They recovered at home. His 83-year-old father was living in a nearby nursing home, struggling with dementia when he came down with the virus. Dr. McCullough and the staff brought him back to good health with a broad treatment plan.

Dr. McCullough came into the media spotlight when he made a YouTube video. He wanted other Americans to know they could treat COVID-19 at home. He co-authored the much-downloaded protocol **GUIDE TO COVID EARLY TREATMENT Options to Stay Out of Hospital and Save Your Life** (published by Truth for Health Foundation 2021).

John Leake introduces the reader to other doctors who also couldn't see the sense of the 'no treatment' policy put forward by the health authorities. There's Dr. Zelenko, a family physician from Monroe, New York. His patients were scared. They wanted care and answers.



Zelenko came up with a treatment plan of hydroxychloroquine, zinc, and azithromycin. After successfully treating around 100 patients, he shared his protocol on YouTube and in a direct letter to President Trump.

Meanwhile, Dr. McCullough and his colleagues at Baylor University Medical Center were testing hydroxychloroquine as a preventative against the virus. This was not in the plan

the pharmaceutical companies and national health agencies had. Getting Emergency Use Authorization (EUA) for new vaccines was dependent on there being no safe alternatives. This is why the media ran their relentless hit pieces on hydroxychloroquine.

Other drugs proved effective too. Dr. Kory from the Front Line COVID-19 Critical Care Alliance (FLCCC) witnessed the harsh attacks on ivermectin. Americans were aware this drug could save their lives and that of their loved ones, yet hospitals refused to use it.

Some families took legal action against the hospitals. Some hospitals even refused to follow a court order to allow the patient to have ivermectin. While lawyers were battling it out, patients deteriorated. The callousness of doctors, nurses, and health administrators comes through in these stories.

Dr. McCullough noted patient care was no longer the key driver. Treating sick people ran contrary to the plan. Any successful treatment would break the spell

that said 'the vaccine is the only answer. Let's wait for the vaccine'.

Some readers will find this book enlightening and disturbing. Massive crimes have been committed by the medical leaders we were supposed to trust. Other nations such as Australia copied the USA, banning safe effective drugs and leaving the public frightened and unequipped to manage this illness at home.

As McCullough told author Robert F. Kennedy Jr. in an equally significant book of our time, *The Real Anthony Fauci*, "Using repurposed drugs, we could have ended this pandemic by May 2020 and saved 500,000 American lives".

Other readers will already be familiar with the crimes that have been happening across the world under the cover of the COVID crisis. I think you will also find this a valuable read. John Leake and Dr. McCullough remind us of the cruelty and complicity of so many. Lest we forget.

Reframing the energy debate

By **TRISTAN COLEMAN**

'WE are facing a real energy catastrophe now in trying to prevent a hypothetical climate catastrophe tomorrow.'

In Alex Epstein's latest book, *Fossil Future*, he makes the case that fossil fuels are a net good for humanity, and we should be looking to increase their use in the near-term. Epstein describes how he has successfully managed to use his 'arguing to 100' framework to present a persuasive, pro-fossil fuel argument.

Imagine a conversation set on a simple scale of -100 to +100. The worst possible outcome is -100, the best possible outcome +100. When making your argument about a policy or set of policies, you continuously try to demonstrate how they will move you away from the -100 position and towards the +100 position.

A good example from popular culture was how Apple's Steve Jobs reframed the question; 'which computer is best?'.
Original Framing: the worst technical performance (-100), and the best technical performance (+100)
Jobs' Framing: worst user-experience (-100), and easy-to-use and powerful computing (+100).

How successful was this reframing? It's hard to put a number on it, but the fact that Apple is now among the largest companies in the world isn't by accident.

Epstein summarises our current energy conversation as follows: "It isn't even really an energy conversation, but rather a conversation about climate impact, where the +100 is eliminating CO2 emissions and the -100 is increasing CO2 emissions."

This is bad framing. It allows the anti-fossil fuel side to relentlessly attack our current energy system, without having to consider the full consequences of their desired outcome, and retaining the moral high ground while doing so.

As Epstein points out, the framework was itself predicated on 'distortions of reality', namely:

1. CO2 emissions are causing climate apocalypse.
2. The value we get from fossil fuels today is trivial compared to its negative side-effects.
3. Any value we do get from fossil fuels can be rapidly replaced by renewable energy.

Accepting this distorted framework, fossil fuel advocates can only challenge the practicality of their opponents policies, while conceding (either implicitly or explicitly) the goal of CO2 elimination.

"Accepting this framework removes your ability to 'argue to 100'. You are effectively left arguing to 0," says Epstein.

Even with logic and reasoning on your side, arguing to zero while your opponents' aim for 100 is not persuasive. By introducing 'human flourishing' into the 'arguing to 100' framework, Epstein turns the energy debate on its head. Maximising human flourishing becomes the name of the game: is there anyone who wouldn't wish to put the well-being of as many people as possible as an ultimate

moral objective?

Epstein says: "If you are open-minded enough to consider an alternative framework for discussing energy, then the debate makes much more sense; it becomes about which types of energy will allow the maximum amount of human flourishing."

Applying this framework to the use of fossil fuels, we can now balance:

- Positive factors such as having access to plentiful and reliable energy, and what we know that means to human well-being, against.
- Negative factors such as hypothetical future changes to the weather, and what that might mean to human well-being.

Epstein reduces his case down to what he calls his 'four fundamental truths':

1. The uniquely cost-effective energy we get from fossil fuels makes the world an unnaturally livable place - including unnaturally safe from climate -- for billions of people.

2. The world is still a barely livable place for billions of people who lack cost-effective energy.
3. No combination of alternatives, least of all unreliable solar and wind, can replace fossil fuels' ability to provide cost-effective energy for the billions who have it and the billions who need it.
4. Fossil fuels' CO2 emissions may have contributed to and continue to contribute to slow, masterable, and often beneficial warming, as well as significant global greening - nothing resembling a crisis.

Whether you agree or not, these are precisely the types of issues that should be front-and-centre when discussing energy policy. We need to be open-minded enough to leave the 'reduce CO2 at all costs' framework behind.

■ <https://atlasreport.substack.com/p/are-you-open-minded-about-the-energy>

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Health suffering from corporate hijacking

By EVE GILMORE

'ALTERNATIVE' means different, something that you have instead of. 'Complementary' means two things that go together. Words convey subliminal meaning and it is such linguistic subtleties that unconsciously manipulate our thoughts and beliefs.

In using comparative nomenclature, natural treatments are defined in relation to allopathy. It implies inferiority against a perceived 'gold standard' of 'orthodoxy'. Drugs and surgery are referred to as orthodox, but 'orthodoxy' actually means 'the way things have always been done'.

The corporate hijacking of health only occurred early in the 20th century when pharmaceuticals usurped traditional healing methods taught in medical schools.

But synthetic drugs are foreign molecules that move the body away from normalcy and require detoxification, making them a less attractive and less-effective option.

Allopathic medicine has fraudulently positioned itself to be grounded in science, deeming natural medicine unscientific and untested. This, combined with state-endorsed medical systems, insurance policies and legislation, ensure allopathy maintains its monopoly.

Symptoms are an adaptation to a problem and a signpost to what is wrong, not an aberration that needs fixing. Despite the fact that Hippocrates understood the progression from disease to health

Allopathic medicine targets the 'disease that has the patient', rather than the 'patient who has the disease'

and the importance of healing crises, modern medicine lacks recognition that such a dynamic exists.

Hering's 'Law of Cure' is a way of evaluating whether symptom progression is curative or pathological. Allopathy does not acknowledge an innate governing intelligence that dynamically adapts to challenges. In focusing on symptomatic relief, allopathy can have a progressive, detrimental effect on health. This is evidenced by a correlated increase in disease seen in medicalised countries.

Allopathic medicine targets the 'disease that has the patient', rather than the 'patient who has the disease', resulting in standardised treatments regardless of biochemical individuality or causation. Its emphasis on the diagnosis ignores the compromised functionality that led to the diagnosis, which assumes less relevance when reversing the disease process naturally.

The pharmaceutical industry has incrementally eroded our belief in the body's ability to heal and has fostered the myth that health

can only be acquired via medical intervention. This paternalistic model is prescriptive and disempowering. The mindset shift from trusting 'experts' towards regaining health sovereignty can be challenging for anyone conditioned to be a passive recipient of medical treatments.

The product of reductionism, allopathy was developed at a time when, supported by an empire mentality, Christianity and Darwinism, dominion over Nature was being promoted. Although science is now recognising our symbiotic relationship with nature, the petrochemical industry has not moved on. The same industry that poisons us with environmental, household and agrichemicals and which has massively contributed to the decline in health over the past 100 years, offers us a chemical 'solution' to our ailments.

The discovery of germs was integrated into a militaristic model, which has resulted in the development of treatments such as anti-inflammatories and antibiotics (which suppress our immune systems), in the misguided belief that microbes are our enemy and are primed to attack indiscriminately. Vaccination is based on the myth that microbes are so dangerous, protection is needed from birth.

The two paradigms are polarised. Natural medicines are not complementary to allopathy (although they can support one another when treating injuries). However, with chronic disease they would be working against



each other. Since chronic disease accounts for more than 70% of modern health problems, our medical system is not adapted to the diseases presenting today.

Once the stranglehold of the pharmaceutical industry has collapsed, it is likely that future generations will wonder how we had been hoodwinked into enduring chemical poisoning and invasive surgical procedures in pursuit of health.

Even when confronted by 'side effects' and lack of cure, indoctrination into the allopathic paradigm triggers cognitive dissonance, ensuring the sickness system is self-perpetuating. We have surrendered our bodies to pseudo-science because it promises, but does not deliver, salvation from disease.

That is why the inappropriate use of terminology such as

The corporate hijacking of health only occurred early in the 20th century when pharmaceuticals usurped traditional healing methods taught in medical schools.

'alternative' and 'complementary' devalues the status and scientific credentials of natural healing modalities and unwittingly endorses the implicit authority of the pharmaceutical industry.

■ www.medicineofthefuture.co.uk

Seed oils linked to poor health

By PHIL ESCOTT

AFTER 40 years of studying, I found that there is only one truly reliable way of sorting the truth from the lies, and that's to take an ancestral view. What did we eat when we were healthy and what has been introduced into our diets around the time that human health took a nosedive into obesity and chronic disease? Ancient foods cannot cause modern diseases.

Even many staunch plant-based advocates are realising that excessive processed carbohydrates cause a vast amount of metabolic damage and that good fats are not dangerous, but many still miss the point that even though fats were always part of our healthy diet, not all is right with many that we consume. Yes, carbohydrates are not ideal, being mostly empty calories, but many indigenous

cultures did consume a minor part of their diets as carbs and still stayed reasonably healthy – not as healthy as those who based their diets around animal fats, but certainly more healthy than we are in the West today.

Look deeper, and it's clear that the most toxic so-called foods that we consume these days are seed oils. This can be seen among the previously healthy cultures that became obese and sick when seed oils replace their traditional fats and notably in the rise in lung cancer among non-smoking Asian women once they started cooking with and inhaling those seed oils.

So, what are seed oils? They are the hidden ones in so many processed products marked as 'vegetable' oils in the ingredient – oils industrially extracted with high heat and solvents from soy, corn, cotton, safflower and rapeseed plants, creating chemical residues, trans fats and oxidised byproducts. Ancestrally, we had

no way of extracting these oils, and the less harmful but not ideal cold pressed fruit oils such as avocado and olive oil were not used until relatively recent times. Humans used nothing but animal fats for most of their history, and they were very healthy.

Seed oils are toxic in many ways, unbalancing the body's omega 3 to omega 6 ratios and filling us full of linoleic acid, causing all kinds of metabolic and cellular mayhem. The history of seed oils is long and complicated, but to summarise, they were originally used as machine lubricants and in the soap making process. They were classified as 'toxic waste' but through marketing have become astonishingly touted as 'heart healthy'. This happened through smart corporate propaganda in the first half of last century, including American cardiologists being swayed by Procter and Gamble and the utterly biased research

of Ancel Keys and his totally inaccurate lipid hypothesis, which has become the basis of modern diet science, but which has killed millions worldwide as they fry in vegetable oil and spread toxic margarine on their gut-ripping wholemeal bread, having been fooled that they are doing the right thing by avoiding natural animal fats.

Seed oils have been linked to obesity, diabetes, heart disease, autoimmunity and pretty much every modern degenerative ailment.

■ **To look into the detailed history of seed oils and the science of what they do to us, check out the work of Nina Teicholz, Dave Feldman, Dr. Paul Saladino, Tucker Goodrich, Ivor Cummins and search 'AncestryFoundation' on YouTube and Facebook.**

■ **Phil Escott is a diet consultant and can be found at theredpillrevolution.com and thehumanunleashed.com**



Photo: Bilge Tekin

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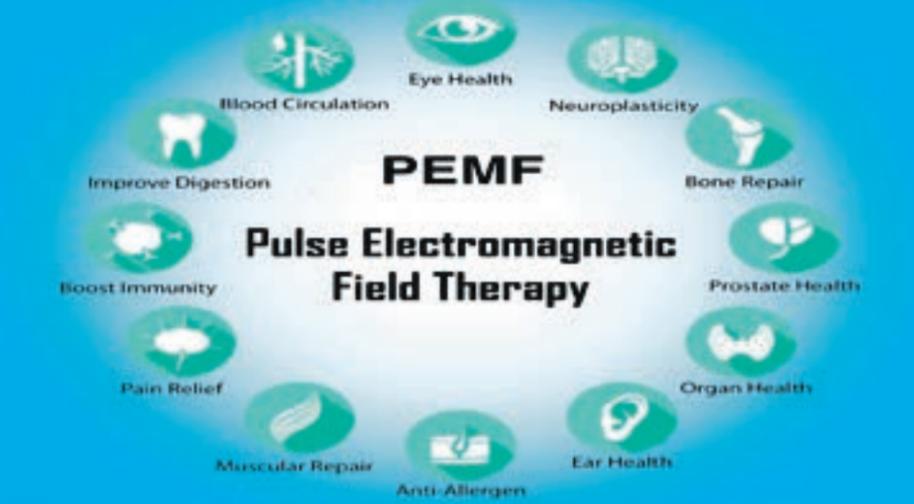
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- Australian Medical Practitioners Society
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- WorldCouncilforHealth.org
- FLCGC,
Covid19CriticalCare.com
- WoW WorldofWellness.life



Information Sources

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- RebekahBarnett.substack.com
- TheAussieWire.com

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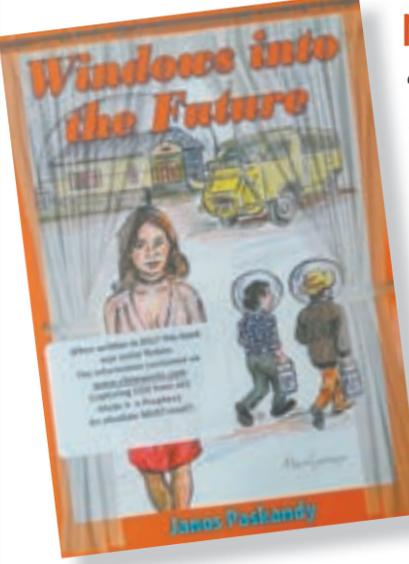
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