

and believing they can satisfy all of their wants, if they win. We all need to see them and counter their activities with criminal charges and lawsuits. It is time to pray harder and work together to get criminal convictions. The word criminal is a big word, and when we see what those big money people are doing, you'll be ready to say they are criminals and worse. When the French citizens caught those money criminals, they had trials and consequences called 'the French Revolution'. If we don't win, we will probably lose, because those types keep pushing their agenda until they get caught, or we get killed like the German citizens. It's the same story and same types of players, Big Bankers, Big Military, Big Medical and Big Corporations – but this time they are aiming at US. This history-replay includes IBM and Raytheon and VeriChip, and FEMA detention camps. They have been training their Muslim partners to create more false flag terrorist attacks soon. See World Net Daily articles, [here](#) and [here](#). Yes, Islam has some real radicals, but they can only do what the Big Money controllers allow and clear the way for! (For more on this, see Patrick Briley's articles, [here](#), [here](#), and [here](#).) The Big Money criminals, who got security licenses, joined the military, or were sworn in to a government position in the government, pledged to obey the 'Constitution' when they got their licenses and/or when they took the oath for public office. Those oaths end with: "...so help me, God". For those who are not keeping their oaths to our Constitution and Constitutional Republic, we need to pray for God's Divine help to prosecute them and bring them to justice!

Why is it so hard for some Americans to see we are in trouble? Jesus taught us that truth can be snatched away from those who don't care, by the devil. "[When anyone hears the word of the kingdom, and does not understand it, then the wicked one comes and snatches away what was sown in his heart. This is he who received seed by the wayside.](#)" ([Matthew 13:19](#)) Jesus also taught about those who didn't want to act on the truth they heard. "[Therefore I speak to them in parables, because seeing they do not see, and hearing they do not hear, nor do they understand.](#)" ([Matthew 13:13](#)) We recommend that our friends do a word-study on the word "hear" - it has helped me value what I learn. Please help your friends see and care about the real news, because people are very vulnerable to false truths. "[...and with all unrighteous deception among those who perish, because they did not receive the love of the truth, that they might be saved.](#)" ([2nd Thessalonians 2:10](#)) And I picture this verse describes how spiritual blindness also brings personal safety blindness.

I'm sure that most Americans would like to know who the real Big Money players are, and how they make money by causing us harm, right? You know that the devil is a part of it. There are two documentaries that you really should watch. Tens of millions of Americans have watched 'the Obama Deception'. That is a lot of viewings! Now there is an even better documentary that every American needs to see called 'The Fall of the Republic' by Alex Jones, with [Infowars.com](#) and [Prisonplanet.com](#). That documentary puts the pieces together in an easy to understand picture. We gladly pay \$5 a month to be members as a small support for their news organization. and to see the videos for free – at [Prisonplanet.tv](#) (for members). But you can also find 'Fall of the Republic' for [free here](#). This news report is a powerful list of articles written by a large variety of honorable citizens exposing criminal activity they witnessed or investigated. This variety of independent reporters have found similar answers and conclusions. Alex claims to be a Christian, and we don't know him and we have never seen him or talked with him, but his news facts are very helpful!

Thank you for praying for the citizens who traveled to Washington DC on Thursday, November 5th, to tell the our Congressmen and Congresswomen to stop the Health Care overthrow because it's loaded with illegal and un-Constitutional provisions! With a 2-day

notice, over 10,000 people went to Washington D.C. That is a smaller group than 09-12-09, but that is a large crowd for a busy work day, and with only 2 days notice! We're sure many more wished they could have joined them! To see more on this, [click here](#).

The medical community is pressing hard against nutritional supplements, but here are some fascinating statistics. In the US, 106,000 people die each year because of complications from prescription medications. However, in the last two decades less than 10 people died from vitamins. Now, the medical community is trying to force everyone to take their dangerous vaccine – for 'swine flu'. The medical community is blatantly crooked. In the last eight months, less than 2,000 people have died from the manufactured swine flu virus – that is a small number. But in these last eight months, approximately 70,000 people died of prescription medicines. Also, 180,000 people die in the US each year, partly as a result of [iatrogenic injury](#). (Webster's dictionary defines iatrogenic as meaning: '*induced inadvertently by a physician, or surgeon, or by medical treatment, or diagnostic procedures.*') Don't worry about the virus, but do watch out for those doctors!!! Maybe we should all avoid the sugar and take a few vitamins and try to avoid the Doctors and 'Health' clinics!!! Please pray that God would rise up lawyers that honor Him to go after those crooked Medical types.

Another encouraging sign for us is that a large percentage of Americans do not trust the swine flu vaccine – and they're right. But the big story here isn't the flu – it's the (5) five laboratories that worked together to gene-splice and make that virus! Yes, you read that right. There are several eye-witnesses telling what they knew and about [18 dead doctors and scientists](#) who were killed in the last five years, for talking to the public and trying to let the public know what was going on behind the scenes. Please, we hope you look at these articles below and the articles about record profits for the Big Corporations involved in that scandal!

Another encouraging statistic: a 2006 scientific poll found that 89% of Americans did not believe the official 9-11 report. And now over 950 licensed Architects, Engineers, and Scientists reject the official 9-11 report. These are the experts that studied physics to get their license, and with their education and research, they have come to the absolute conclusion that the report was seriously flawed, and a false report.

Most Americans figured out that the war in Iraq was about oil. They are right, and it's well-known throughout the military ranks. No one thinks that Saddam was a threat to the USA. So why did George W Bush lie to the American people about his reason to attack Iraq and kill Saddam and over 1 million men, women and children in Iraq? Answer: The Bush, Cheney, and Rockefeller families are oil families. During the Reagan years, Bechtel (a ruthless construction company) had representatives in key places in the US government and they were consistently lobbying Saddam to work on an oil pipeline from Iraq toward the Golan Heights. Since the 1980s, Bechtel (a subsidiary of the Rockefeller oil gang) has been trying to build a pipeline from Iraq through Israel to the European Union- and they mean it. Now in 2009, the oil corporations have finally [won their contract](#). In 2003, [Bechtel won their no-bid contract](#) to rebuild Iraq's infrastructure. It's pure evil business dealing! Participating in murdering Iraqis and then the murder of the Iraq leadership who got in their way – didn't stop them. Maybe it's too big to prosecute them, but maybe we can seek prosecution against George W Bush! And there is a move to do that. Have you looked at any of the torture articles? We all need to listen up, [Italy has convicted 23 of our CIA agents for torture crimes](#). If Americans let the CIA get away with doing cruel torture, then 'We the People' might be next. We should listen to the soldiers coming back from the fake wars, they are trying to speak up with heavy guilt for the

things they were forced or tricked into doing overseas! They originally signed-up thinking there was a real enemy and they were protecting their country, but now they are trying to come home, and even committing suicide in record numbers. We need to comfort them and listen to them - they have inside information on the global Elites' plans!

Since the 1880s (called the 'Roaring 80s") the big money types have been gaining control, continuously. They don't have any enemies. Very few laws have any effect on them, as they pursue world dominance – financially, militarily... They consider this Earth to be a giant bazaar, in which they are constantly working on new business deals, projects, and ventures that will bring them more money and power. This information is not new. In the 1930, the highly decorated military general, Smedley Butler, got sick of their evil agenda and exposed this group of global bankers in their failed coup attempt here in the US, in 1933. He published his observations from being sent from defending one business contract to another. His honest accounts of wars are published in a short book entitled: ['War is a Racket'](#). Though exposed, the global bankers and military conquerors didn't stop, but they had to work harder to maintain a false image that America's businessmen have 'enemies' that were/are not conquered. However, this deceptive scheme was exposed by one of their own. In 1974-1977, Wernher Von Braun told his spokesman what the global bankers next moves were. Here's a quote from an article called 'Cosmic Deception':

"... The world is kept in a state of roiling wars, endless poverty for most of Earth's denizens and global environmental ruin, just to prop up this evil world order. As immense as that game is, there is a bigger one: Control through fear. As Werner Von Braun related to Dr. Carol Rosin, his spokesperson for the last 4 years of his life, a maniacal machine - the military, industrial, intelligence, laboratory complex - would go from Cold War, to Rogue Nations, to Global Terrorism (the stage we find ourselves at today) to the ultimate trump card: A hoaxed threat from space." So, there you have it. The big money types want a war – any war. But, since the criminals cannot get Americans to easily agree to another fake war with a 'terrorist nation', they are actively working on trying to fool the public on UFO hoaxes with top-secret anti-gravity vehicles, and TESLA and HAARP technologies that they hope no one knows about. Area 51 has a lot of military and globalist secrets that the public needs to know about, including bizarre genetic experiments.... They have been working on these technologies for many years, at least since the 1930-40s. Below we have a few links. As you may have expected, the truth on these super-secret military/business deals is hard to find, but it is coming out. I'm wanting to learn more about the base on the dark side of the moon.

Proverbs 1 reminds us that those who organize a group of criminal partners to murder and steal, lie in wait for their own blood. For those who read a chapter of Proverbs a day, you will be familiar with these verses. **"The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction... My son, if sinners entice you, do not consent... If they say... 'Let us wait to shed blood... We shall find all kinds of precious possessions... My son, do not walk in the way with them. Surely, in vain the net is spread... But, they lie in wait for their own blood, they lurk secretly for their own lives. So are the ways of everyone who is greedy for gain; it takes away the life of its owners."** (Proverbs 1:7-19)

As you read this update, it is our prayer and hope that you will join us in praying concerning these things, that God would expose them, and use people who fear Him to stop these crimes,

and bring these criminals to justice. It is time for many more prayer meetings and revival tent meetings, with the real '[Gospel According to Jesus!](#)'

Friends of Israel,
servants of Christ,
The Henry Family

P.S. It looks like we are near the end of the 'church age'. Israel is wanting to rebuild the Temple, so it sounds like it is time to rebuild the Temple in Israel again, and the Christians who hold to God's Word and bless Israel have the first opportunity. We mention this thought to encourage you to be praying about how God would have you help. Thank you for praying for Israel, and our country! ~

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Web tips ~

You can find this update in web-format or PDF format (to share with your friends) at:

http://a-servant.tripod.com/articles/INCPU_11-07-09.pdf

http://a-servant.tripod.com/articles/INCPU_11-07-09.htm

Also, if you use Firefox web browser ([download and install here](#)), then you can email articles or share them on Facebook, Twitter, and many more - all with the click of a button! It's easy and very helpful! Just install the '[Add this' button add-on](#) for Firefox, and close and restart Firefox, and you'll be ready to go! Also, if you have Firefox, don't forget the pop-up blocking add-on: [Ad Block Plus](#). If you have any trouble or have a question on this, please feel free to [email us!](#) We love hearing from friends, and giving them free tips!

~ friends of Israel, servants of Christ ~

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Topics in this edition of INCPU News:

1) Good News and reminders!

A brief catch-up on encouraging things in our country

2) Important Articles by Pastor Chuck Baldwin

The history & happenings in Hardin, Montana (and how it affects us), and a couple more articles from Pastor Chuck Baldwin

3) Videos ~ important to watch and understand

'The Fall of the Republic' (Alex Jones' latest informative documentary)

'Urgent! A soldier's message to All Americans' (eyewitness account of plans for coming events)

'One Mainframe to Rule them All' (a quick and easy 5-part series on IBM – in WWII and today)

4) 'Healthcare'? ~ What's really in the bill?

Explanation from a Constitutional lawyer of what is going on behind closed doors.

And they finally posted it online ~ see link and editor's notes

5) H1N1 Virus (aka: swine flu)

What's in it? Why won't many doctors get the vaccine?
 Why has Canada agreed to protect the vaccine-maker from lawsuits?
 And why is it being called a gene-splicing project?

6) Nutrition or Vaccine? Helpful Polls, Tips and Research

Health Remedies and debunking an often-repeated myth
 Polls in America and other countries
 Health professionals speak out against the vaccine

7) Spiritually Healthy Advice - :

FOX News and Jesus' command to us

8) Important News Headline Clips

Who's making money on the 'War on Terror'?
 FEMA-paid Clergy Response Team Confirmed
 300+ US corporations that support homosexual agenda
 Mysterious deaths that need our attention and honest investigation
 G20 ~ Bankers Again Trying to Dump the US Dollar

9) Our Favorite News Sites

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1) Good News and Reminders

[Oath Keepers pledge to prevent dictatorship in United States](#)

[Mail Online Reports 2 Million at D.C. Tea Party](#)

[1.5 - 2 million showed up in DC to protest the corruption](#)

[Maine voters reject same-sex marriage \(53% against to 47% for\)](#)

[Former New York Fireman becomes helpful citizen researcher](#)

[950+ professional architects & engineers signed a petition for honest investigation of 9-11-01](#)

[The Prosecution of George W. Bush for Murder - Trailer](#)

[New movie to seek prosecution of George W. Bush](#)

Remember, we are not alone:

Scientific Poll: 84% Reject Official 9/11 Story, according to New York Times/CBS News poll. ~
freedomisforeverybody.blogspot.com/2008/05/scientific-poll-84-reject-official-911.html

CNN poll: 89% of voting-age US citizens believe that there is a US gov't cover-up on 9-11 ~
www.prisonplanet.com/articles/november2004/111104cnpoll.htm

More encouraging polls below...

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2) Important Articles by Pastor Chuck Baldwin:

Freedom's Destruction By Constitutional De-Construction

'"Ravenwood" Comes To America'.

'Romans Chapter 13 Revisited'

Romans 13 and "Ravenwood":

Editor's highlights: In case you missed the article, we are grateful to Pastor Chuck Baldwin for showing us in God's Word, including Romans 13, that the Constitution (system of laws) was given by God, and that it's the Constitution that God supports. Remember, we are commanded to obey and submit to all government institutions - Why? "... for conscience sake..." (Romans 13:5) So, when criminal politicians make up new fake laws that violate God's Word and the Constitution God gave us, they are outside of God's will and that law is wrong, and God is not enforcing that law.... There is much more insightful study and information in his article, which you can read here: 'Romans Chapter 13 Revisited'. We highly recommend it!

Since then, Pastor Baldwin has posted several new articles, and one his latest several articles really caught our attention. '"Ravenwood" Comes To America'. It's about a show called 'Jericho' that CBS was about to air (or did air briefly), but then pulled it and all references to it are gone... The strangest part is that it described a scenario just like when the illegal APF (American Police Force) tried to take over Hardin, Montana. In this article, Pastor Baldwin reports on the crimes of the illegal 'American Police Force' and murderous 'Blackwater' 'security' companies. (Note: *Blackwater* is now under the disguise of a new name: *Xee*) -

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3) Videos ~ important to watch and understand

Alex Jones has a new documentary out: 'The Fall of the Republic'

You can watch the whole video in HD on [YouTube here](#) (or subscribe to www.prisonplanet.tv for just \$5 per month, and be able to download it and share it.)

Editor's notes: Alex Jones comes from a Biblical Creation-centered worldview, though we don't know if he is a follower of Christ or not. But, God has allowed his crew to find, research, and film so many evil things that the Big Money criminals are doing, so we highly recommend this video! Please keep praying for God to give him wisdom, because he is working on the next documentary - Global 'warming', Carbon Tax, and the institution of an international One World Government. ~

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A must-see Eyewitness video about forced vaccinations:

URGENT ! A soldiers message to all Americans (YouTube video)

Editor's notes: This lady came back from training and had to tell the American people about the plan to forcibly give vaccines to the American public. She explains more in her video. ~

A must-see YouTube video series (a quick & easy 5-part series on IBM – in WWII and today)

Title: ‘One Mainframe To Rule Them All’

Subjects: IBM, the WWII holocaust, the US Census, and the chip

[Video Part 1](#), [Video Part 2](#), [Video Part 3](#), [Video Part 4](#), [Video Part 5](#)

Important article - first written by Henry Kissinger in 1974, where he talks about his illegal activities. This ‘bill’ was re-issued in 1991 to the UN.

NWO scheme laid out plainly in secret document:

[INITIATIVE FOR ECO-92 EARTH CHARTER](#)

*_*_*

4) ‘HealthCare’? ~ What’s really in the bill?

Capitol to be filled with livid Americans

Citizens return to D.C. to warn Congress, ‘Keep your hands off my health care’

http://www.wnd.com/index.php?fa=PAGE.view&pageId=114846&sms_ss=email

Editor’s notes: A crowd of at least 10,000 showed up at Congress for the house call. That’s pretty good for a 2-day notice! Please remember that it was announced on Tuesday and happened on Thursday, during working hours. That is a powerful warning for the criminal politicians! ~

Taxpayers swarm Capitol to protest Obamacare

10,000 chant to Congress: ‘Hands off our health care’ and ‘Kill the bill’

<http://www.wnd.com/index.php?fa=PAGE.view&pageId=115126>

**

More info on the house call:

[“Make a House Call on Congress on November 5th and Stop the Government Take Over of Health Care!](#)

November 5th, 2009

Democrat leadership in the House wants to pass a government run health care bill before Veteran’s Day, and it’s up to us (Americans) to make sure this prescription for socialized medicine doesn’t pass.

If you can come to Washington to look your Member straight in the eye and tell them to keep their hands off your health care, do it. If you can’t make it to Washington, go to your Member’s district office. And, if you can’t do that at least call and email.

Also, Americans for Prosperity is organizing a House Call to legislators’ district offices on Thursday at noon, and I encourage you to check out their website at www.americansforprosperity.org to see how you can take part in their efforts if you can’t make it to D.C.

Thanks so much and let’s keep up the fight!”

For more info, please check out: <http://www.americansforprosperity.org/nov-5-rsvp>

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US Health News and NWO takeover:

It's finally posted! ~ Health 'Care' bill online (Only 1,990 pages!)

http://energycommerce.house.gov/Press_111/20090714/aahca.pdf

Editor's Notes:

After fighting to hide the bill and not to post it, and working on it behind closed doors, Congress has finally posted it! (But they are still making changes in secret.) And they say they want us to read it. It's long. Yes, you read it right - the printed version is *only* 1990 pages, and the PDF version (see link above) is only 1017 pages. That would fill a good night's reading and more!... Please pray for those who do read this bill, and study it, that God would give them the wisdom to see and understand the 'code words' and be able to get the information out of what all is in this bill! From what we've been hearing, the career politicians in Congress want to rush the bill through this weekend, and they're hoping we aren't watching. Thank you for watching and praying for our country! The best answer is no, because it is loaded with open doors for criminal activities. ~

More info on the "Healthcare" bill:

If you have not been able to keep track of what all has gone on with this bill, we encourage you to check out the links below. Here's a brief catch-up: More than a week ago, Congress passed the 'Baucus bill', which was basically a blank document that was filled in behind closed doors, and out of the public's view. Now, they want to rush it through.

One person who has been keeping track of the bill is Constitutional lawyer, Jay Sekulow. Jay Sekulow who has focused on Constitutional law since 1990, and one of very few Christian talk-show hosts that has been keeping up with the rhetoric and discussion on the Health Care Bill on Capitol Hill. You can find out more about him, [here in his bio](#).

We encourage you to listen to Jay Sekulow's half-hour show from October 15th, because that show in particular will fill in some gaps ~ it is a very helpful show. It's well worth the short time to listen to it!

**

You can listen to it here: [ACLJ radio show archives](#)

>> After you listen to show from 10/15/09, and you might also check out the radio shows from 10/14 and 10/16 for extra details on the 'Healthcare' bill discussion. He also talked about it again on 11/04/09.

**

Other helpful headlines on the 'Healthcare' scandal story:

Transparency in action? - [Congressional Leaders Fight Against Posting Bills Online](#)
[Public option likely to be managed by private insurance company](#)

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Other Bills that just went through Congress:

[Hate Crime Bill Passes](#)
[Hate Crime Bill Is A Trojan Horse Against Free Speech](#)

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5) *H1N1 virus (aka: swine flu)*

Editor's Notes:

The Swine flu is a FRAUD! And SO IS THE VACCINE! ~ As you will see below, for yourself, many researchers have proven the H1N1 virus is a gene-splicing project, a combined effort by 5 high-level labs. Yes, you read that right - man-made. The experts are even telling what parts came from which viruses. Why would anybody try to do such evil? Have you heard of the 'Georgia Guidestones' (an Elitist, evolution monument in GA) where they lay out the evolutionists' '10 commandments'? The first goal laid out is: 'Maintain humanity under 500 million in perpetual balance with nature.' Explanation: mass-murder until population is under 500 million 'chosen' individuals. America's population is around 300 million and the world's population is around 7 billion. So, they would have to murder a lot of people to reduce the population to 500 million. They are constantly killing people in Africa, but that isn't working fast enough, so Bill Gates is sending GMO foods to help ([link](#) and [link](#)). You can find out more about their evil plan, as laid out in the Georgia Guidestones, [here](#). But, as you read it, please keep in mind that the Holy Spirit is restraining the man of lawlessness and his evil system, until He steps aside at the rapture. Until then, we have the Holy Spirit helping us, working on hearts and bringing people to repentance, and He gives us the strength (when we seek Him) to stand up to and speak out against Satan's evil system, and the criminals that have sold themselves out for money and power. **"No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth."** (Matthew 6:24, Luke 16:13)

17 Reasons not to take the Swine Flu (H1N1) vaccine. (article)

Editor's notes: This article mentions: "50%-60% of doctors won't take [*the vaccine*], 35% of nurses won't take it, and even scientists who developed the Polio vaccine won't take it and are urging their friends and family not to." ~

[Microbiologist alleges Baxter "swine flu" vaccine is a bio-weapon](#)

[The Upcoming Swine Flu Pandemic: Has Baxter Released A Bio-Weapon In Ukraine?](#)

[Panic in Ukraine, Authorities deny aircraft spraying aerosols over cities, Martial Law expected](#)

[Martial Law Declared In Ukraine Over Mystery Epidemic](#)

[Novel Flu Gene and scientists who died before they could talk](#)

[VACCINE CREATORS WILL REFUSE THE H1N1 VACCINE!](#) (YouTube video)

[Gene-splicing project - THE TRUTH ABOUT H1N1 FLU](#) (YouTube video)

[Total Proof of Swine Flu Scam - Scientists and Insiders say it is Manmade - NWO FRAUD](#) (video)

[Startling New Evidence That The 'Swine Flu' Pandemic Is Man-Made](#)

[Alan Watt TOP GERMAN DR H1N1 vaccine contains cancer cells 070909 pt03](#)

[Another Shocking Warning About Swine Flu Vaccine](#)

[False Flag Flu](#)

[The Swine Flu Pandemic](#)

[Swine Flu ~ Gene-splicing project](#) (YouTube)

[Do not take Tamiflu](#) (YouTube)

4 Labs in the US, and 1 in Canada involved in the H1N1 gene-splicing project:

USA -

- Bio safety Level 4 Laboratory (BSL4) @ University of Wisconsin in Madison, WI
 - The lab of the ‘National Institute of Allergy and Infectious Diseases’
- Armed Forces Institute of Pathology (AFIP) in Washington D.C.
 - Located at the Walter Reed Army Medical Center
- US Army Medical Research Institute of Infectious Disease Lab (USAMRIID)
 - Located in Ft. Detrick, Maryland
- National Institute of Health (NIH), located in Bethesda, Maryland
 - Part of the ‘US Dept. of Health and Human Services’

Canada -

- National Microbiology Laboratory (NML) in Winnipeg, Manitoba, Canada
 - Part of the ‘Public Health Agency of Canada’

* * *

6) Nutrition or Vaccine? ~ Helpful polls, tips, and research***Polls of the people’s concern on the vaccines:******In the US:***[At least 62% of Americans refuse to get the H1N1 flu vaccine.](#)[At least 74% of Americans do not think they will catch the H1N1 flu.](#)***Internationally:***[At least 54% of Chinese citizens do not want the H1N1 flu vaccine.](#)[At least 48% of Canadians wary of the H1N1 flu vaccine.](#)[At least 75% of Finland citizens do not want the H1N1 flu vaccine.](#)**[FOX: Doctor Admits Vaccine More Deadly Than Swine Flu Itself & Won’t Give It To His Kids](#)****Health Remedies and debunking an often-repeated myth:**

Before we tell you what is good for the body’s defenses against any flu or disease, we need to clear up a often-repeated money-making propagand-line for the medical community. The medical community doesn’t make any money on nutrition, vitamins, or herbs. They also don’t make money on us when we’re healthy. And they have worked very hard (through a collected advertisement approach), to train us to think: **1 medication for 1 illness/problem**. The problem with this formula? Medication doesn’t cure diseases – only the symptoms. (That doesn’t even touch the subject of all of the side-effects to those chemicals!...) The Medical community even refuses to allow many reports on how nutrition helped people heal without side-effects into their Medical Library. Concerning? Yes. The solution? Nutrition.

Nutrition helps the body heal itself. One nutrition researcher put it this way: ‘When you find out what nutrient, vitamin, mineral, etc. your body needs to fight and heal one problem and take that nutrition, your body is not going to keep 2 other related illnesses.’ It doesn’t work that way. If you give the body what it needs, it will heal itself. And the best part: Nutrition has NO side-effects. Also, typically, the diseases your body is fighting have a common denominator – our body is lacking one or several nutrient(s), which once we give our body the nutrient(s), the body will be able to heal itself. Now with that background, here’s some specific health research on flu. (**Note:** We do not sell vitamins, but we go to several health food stores to buy the vitamins we like.)

Zinc:

When our body is fighting any illness, it uses a lot of Zinc. So, load up with several hundred milligrams ~ you're body craves it and diseases cannot live in it. Zinc is so good for killing mildew, fungus, etc, that it is used in the little granules on roofing shingles. Here in Florida, several years ago most roofs had dark stains of mildew, fungus and algae. The way the roofing industry solved this problem was by adding granules of zinc on the shingles. Please be careful, though. After a few days of taking extra zinc, you should go back to 100mg or less per day, so you don't get your minerals out of balance.

Vitamin C:

If you could see how much faster your body's immune system works after you take a complete Vitamin C, then you would take more of it and tell your family and friends to take more of it! It is amazing to see under a microscope the dramatic change of your body's white blood cells just 30 minutes after taking Vitamin C. Our bodies need Vitamin C plus the other necessary nutrients for it to work – ingredients including: citrus bioflavonoids, Hesperidin, Rutin, and Rose Hips. There are some other antioxidants that work very well for preventing and healing many health problems. If you did a little reading about antioxidants, you would make them a part of your daily food.

Lemons and Milk Thistle, and Omegas:

Lemons and Milk Thistle (an herb) are very good for helping the liver detox. And a good fish oil with Omega 3 helps the whole body work better, and helps the body push heavy metals out of the brain into our hair. The body uses fish oil to get rid of heavy metal toxins safely.

Nutrition is easy ~ anyone can keep up on their own health, with just a little bit of reading! One of our favorite research books is 'Prescription for Nutritional Healing' by Phyllis A Balch. We encourage you to get the 3rd edition, because of its research. You can buy it online in paperback or PDF version.

Amazon (paperback 3rd Ed.) – www.amazon.com/Prescription-Nutritional-Healing-3rd/dp/1583330771

Note: Some of those vitamin suggestions are expensive, but if you take the ones you can afford, it would improve your overall health. Also, avoid the junk foods they warn about.

The book is very helpful in several ways:

- 1) It teaches basic nutrition and how to maintain your health.
- 2) It tells what various herbs help with.
- 3) How the body works with nutrition.
- 4) Specific nutrition for specific diseases and pains – lists of nutrients, vitamins & minerals the body is missing per specific health issue.
- 5) How the body functions and symptoms to help you track how the body is doing in recovering from that disease, etc. And they list a few suggestions on the source of the problem.

Nutrition is nothing new. Remember, since creation, God gave us all herbs for our food and health.

Please note: We don't make any money on this, and we don't sell vitamins. We are only offering this free-of-charge advice to help you stay healthy. We want all of our brothers and sisters in Christ, and family and friends, to stay healthy ~ both spiritually and physically. ~

*_*_*

We got another e-update with these 6 health tips:

- * Exercise
- * Rest (physical & mental)

- * Eat Healthy
- * Reduce Stress
- * Supplementation, including, a good multi, Vitamin D, Vitamin C, Garlic, Adrenal Support, Omega 3's
- * Digestive Support, enzymes and probiotics

In conclusion:

And they also mentioned to drink lots of water, because that helps our bodies clear the toxins out. Another group of health experts mentioned how our bodies wants to heal themselves, so if we give it the nutrients and herbs it needs, it can (and most often will) repair and heal itself. ~ So, that's some nice news to hear again! Reminding us of the basics that have worked for centuries and don't cost much! Nutrition is another proof of creation and our Amazing Creator. Creation proves that we are "**fearfully and wonderfully made**" by our Creator, who gave us every herb and plant for our food: "**See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.**" (Genesis 1:29) After the flood, God added that He gave us all living things to eat, and still emphasized the herbs: "**Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs.**" (Genesis 9:3) ~ God gave us the herbs for our health, and we would do well to take Him at His Word! ☺ The study of nutrition is something everyone can do and should do - every person is a little different, because I have eaten different junk food than you have eaten. We all have different genetic strengths and weaknesses. You need to try different vitamins and feel which ones help you and which ones don't do anything for your health problem.

A Key Video to watch to help you better maintain your health:

[Food Matters](#) (video) - documentary produced by non-Christians who care, with a lot of helpful scientific and nutritional information on how help our body maintain itself in this rapidly changing environment - offering solutions for serious health problems.

Other links on Vitamins and Nutrition, and more:

[Universal Vaccine for the Flu? Look No Further Than Vitamin C and Zinc](#)
[NO DEATHS FROM VITAMINS: Poison Control Statistics Prove Supplements are Safe](#)
[HOW SAFE ARE VITAMINS?](#)
[Supplements For Swine Flu?](#)
[The Swine Flu—Supplement, Don't Vaccinate](#)
[Adverse Drug Reactions May Cause 100,000+ DEATHS Among Hospitalized Patients EACH YEAR](#)
[Nutrition to prevent your family from Swine Flu - H1N1 Flu Virus](#)
[Nutrition to prevent Swine Flu - H1N1 Flu Virus](#)
[Swine Flu Kills People Whose Bodies Are Highly Stressed](#)
[Why swine flu vaccines just don't add up: Doing the \(fuzzy\) math](#)
[Are Populations Being Primed For Nano-Microchips Inside Vaccines?](#)

Other links on the swine flu:

[Canada will protect swine flu vaccine maker from lawsuits](#)
[CBS Reveals that Swine Flu Cases Seriously Overestimated](#)
[Obama's H1N1 Emergency Declaration: Is Martial Law Unfolding?](#)
[President Obama declares swine flu spread a national emergency](#)

[H1N1 Vaccine with Mercury and Squalene Pushed on Pregnant Women](#)
[FDA, FTC threaten doctor over immune-boosting supplements for H1N1 swine flu](#)
[FDA and FTC Slam Swine Flu Claims For Dr. Weil Supplement](#)
[FDA to Nzymes.com: Leave the H1N1 "cures" to us](#)
[Swine Flu Vaccine Makers to Profit \\$50 Billion a Year!!](#) (Are we gullible?)
[Drug groups to reap swine-flu billions](#)
[12,000 U.S. Children To Be Swine Flu Vaccine Guinea Pigs](#)
[Squalene: The Swine Flu Vaccine's Dirty Little Secret Exposed](#)
[NY Judge halts mandatory H1N1 flu vaccination for health care workers](#)

>> LIES from the FDA

[Swine flu supplement fraud will not be tolerated, say regulators and industry](#)
[Vitamins can be useful, says FDA](#)

* * *

7) *Spiritually Healthy Advice! ~ :)*

Brainwashing is an interesting subject and it happens often. The process is done by a teacher or leader or entertainer talking, as though teaching or informing, with a mixture of truth and deception. The confusing mixture must go quickly from point to point (too quickly for the person to process) with the pressure to believe what they hear as just the facts, and quickly coming to a conclusion in agreement with their mixture of truth and error. I threw away the TV, and now get our news from independent sources on the internet, and come to reasonable conclusions. As I keep learning, I'm able to see more of the bigger picture. The truth is painful. There are a lot of bad things trying to happen. I want to be part of the honorable citizens opposing the evil.

Conclusion: You need to get rid of your TV! It is hurting you and your family. The News is LYING to you, and the entertainment is getting you in trouble with God. These are desperate times and we all need to be actively growing in holiness, and in hunger and thirst for His Word, spending time in His Word, regularly, daily. You remember Jesus said this: **“Woe to the world because of offenses! For offenses must come, but woe to that man by whom the offense comes! If your hand or foot causes you to sin, cut it off and cast it from you. It is better for you to enter into life lame or maimed, rather than having two hands or two feet, to be cast into the everlasting fire. And if your eye causes you to sin, pluck it out and cast it from you. It is better for you to enter into life with one eye, rather than having two eyes, to be cast into hell fire.”** (Matthew 18:7-9; also: Matthew 5:29-30; Mark 9:43-48) That same principle applies to TV, music and other entertainment - if it causes you to sin and/or encourages you to rebel against God, throw it away!

So, we see the honorable citizens organizing, but where are the popular TV News and the Major News Papers? The few who did report it tried very hard to minimize the significance of that event. We should not expect Entertainment News to report anything important because they are all owned by the 9 very Large Corporations. They are truly Corporate-owned and operated! The truth hurts and there are a lot of very bad things happening, and we know the honest News is stressful. But the fake entertainment news feels OK (with deceptive information). We know that Christians care about what is right because they are a new creation. Of course the unsaved like sin and feel comfortable with it. I'm glad to see more and

more of the Christians speaking up. The main point we want to communicate is that there are many citizens that care and are willing to take action if necessary. You shouldn't expect the Popular News outlets to report the criminal activities of their sponsors because it's bad for business! When criminals go to jail, they can't buy TV commercials, and they get mad when they see their crimes made public. But you can find some very important information on all of these subjects in the pages of this news update.

FOX News and CNN (and many similar media companies) are American's favorite brainwashing and entertainment news! (Please remember if you watch them – they are corporately-owned and operated. They will not tell you who the criminals are.) They are very popular adult fairy-tales entertainment, that trap those who hide from God, their Creator's authority, and the spiritually healthy "fear of the Lord". God allows these entertainment news groups to blind the eyes of those who reject the "fear of the Lord" and submit to His authority over their lives. This verse will really show after the rapture, but it also applies to today: "The coming of the lawless one is according to the working of Satan, with all power, signs, and lying wonders, and with all unrighteous deception among those who perish, because they did not receive the love of the truth, that they might be saved." (2nd Thessalonians 2:10)

"Therefore "Come out from among them and be separate, says the Lord. Do not touch what is unclean, and I will receive you." I will be a Father to you, and you shall be My sons and daughters, Says the LORD Almighty." Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." (2nd Cor. 6:17-7:1)

"Let love be without hypocrisy. Abhor what is evil. Cling to what is good." (Romans 12:9)
 ~ **Editor's notes:** Notice, God did not say 'Abhor what is evil, unless you are just entertaining yourself with it...' No! He commands us to hate what is evil and rebellious, and cling to – hold fast to what it good, right, and holy.

Links to check out to see more about Fox News:

[Single-Payer & Interlocking Directorates](#)

"...

The business ties between insurance companies media corporations ~ when members of large companies sit on the boards of media corporations, and at very least, 'adjust' their coverage of the 'news' - the result is lies and extra advertisements, in the form of 'journalism'.

<u>Media Corporation</u>		<u>Insurance and Pharmaceutical Companies</u>
Fox/News Corp		GlaxoSmithKline, Genentech, Hybritech... "
http://www.fair.org/index.php?page=3845		

Other FOX news articles of interest:

[Fox News Inspired Protesters Locked in Voodoo Trance](#)

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8) Important News Headline Clips

Helpful History Review:

[The Plot to Sieze the White House](#) (In 1933, General Smedley Butler exposed this)
[‘War is a Racket’](#) (Author: General Smedley Butler)

Who’s making money on the phony, deceitful & murderous ‘War on Terror’:

Under Bush:

[Companies profiting in the ‘War on Terror’](#)
[The 25 Most Vicious Iraq War Profiteers](#)
[Why The Golan Squeeze?](#)
[Secret Bechtel Documents Reveal: Yes, It Is](#)
[The 10 Most Brazen War Profiteers](#)
[“Al Qaeda is CIA Arab legion”](#)
[U.S. Attacks Iran Via CIA-Funded Jundullah Terror Group](#)

Key ‘War on Terror’ analysis, by former high-level military officer, Patrick Briley:

[The Oklahoma City Bombing Case Revelations](#) (2007 - PDF)
[Using Terrorists To Establish World Government](#) (July 26, 2007)
[Chertoff Created Terror Pretexts for US Police State](#) (February 21, 2005)
[Are Americans Blackmailed With “Imminent Terrorism”?](#) (August 6, 2007)

Under Obama:

[Hank Paulson Held A Secret Meeting With Goldman Sachs In Moscow](#)
[Obama’s Wall Street cabinet](#)
[Largest Banks Funding Production of Internationally Banned Weapons](#) (infowars)
 (Notes: [Reuters](#) and [Mathaba](#) also carried this story.)

Coming soon to the US:

[Cosmic Deception: Confirmed by Wernher Von Braun, from 1974-1977 to closest aid](#)
[Underground Base List - of sites under mainland USA](#) (1 mile underground, across USA)
[Aerosol and Electromagnetic Weapons In The Age Of Nuclear War](#)
[WORLD EXCLUSIVE New ‘Super Area 51’ Said Being Built In Colorado](#)

Clergy Response Team Confirmed:

Editor’s notes: Jesus told us that we should only fear and honor God, not sinful man and not to serve the devil and their schemes. God gave our fathers the Constitution and the devil is trying to give us his New World Order.

Sadly, FEMA documents show that over 75,000 so-called ‘clergy’ have contracted with the global Elites to work to silence the people in the event of martial law, and to help the smooth transition to the One-World Government. Is your pastor on that list? Or is he speaking out against those criminals. Most of the clergy turned away from God and are looking for a new truth. They need to be found out and replaced with serious, diligent Bible students.

[Feds Train Clergy To “Quell Dissent” During Martial Law](#)
[White House Web Page Confirms “Clergy Response Team” Program](#)

List of 300+ US large corps. that offer most support to homosexual agenda:

[America’s pro-homosexual giants: 2010](#)

Editor’s notes: We need to keep track of these companies and work to boycott them! Supporting immorality is just one of many corrupt things they support. ~

Mysterious deaths that need our attention and honest investigation:

