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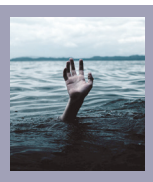
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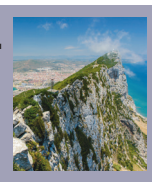
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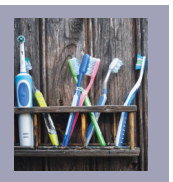
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# THE LIGHT

*Issue 7* **People-Funded Paper** *thelightpaper.co.uk* **FREE**

## Your Guide To Staying Healthy

Pull-Out And Eat! PAGES 10-11

# The New Abnormal - One Year On

## Remember 'Three Weeks To Flatten The Curve'?

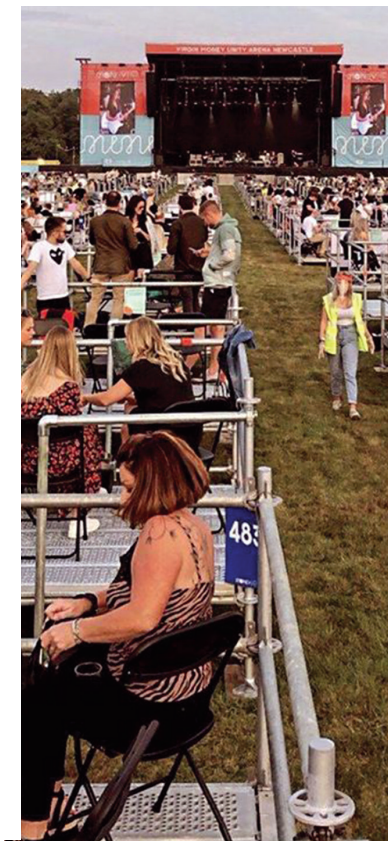
by **ANDREW BAIRD, DARREN SMITH, LISA McMAHON & MARTIN BENTLEY**

**On the 19th March 2020, the UK government declared that covid-19 was no longer considered to be a high consequence infectious disease, subsequently downgrading it to the equivalent of a seasonal flu. The government then went on to declare that the country was in a pandemic and placed the country under a nationwide house arrest calling it 'lockdown' (a phrase only ever heard on TV prison dramas, where a prisoner is confined to their cell with only the most basic requirements allowed) which was initially for 3 weeks to prevent the NHS from being overwhelmed.**

One year later, and we are still living under the most draconian measures ever imposed on a supposedly free and democratic country. Freedom of speech is on a life support machine, critical thinking appears to be in an induced coma and real objective journalism in the mainstream media in this country is now dead. Never in our history have we experienced an elected government which has imposed such heavy-handed, authoritarian and completely disproportionate measures on our society for a disease that statistically has a 99.7% survival rate. There is currently no evidence to show that 'asymptomatic carriers' spread this disease, which appears to have no impact on healthy children at all, despite incessant government propaganda to the contrary, using fear and behavioural modification techniques to 'nudge' the minds of the general public away from the truth. The people have now been psychologically conditioned to believe that they aren't free but instead prisoners, who are only allowed rights and privileges.

We have seen from the Johnson regime many utterly false projections spread far and wide through the media, contracts for unsuitable nepotistic businesses worth billions, isolation and torture techniques, refusal of medical treatment, record suicides, decimation of smaller businesses, the elderly left to die alone, families separated, social life halted, childrens' development ruptured, constantly changing rules enforced by more violent and unthinking police, abnormal human behaviour applauded, cult-like acquiescence of much of the population, and an utterly corrupt, morally moribund media, academia and judicial system that are fully supportive of their disastrous policies.

Almost everything is now upside down in our virtual unreality. We've had house arrest of healthy people. Being stuck indoors is partly to blame for the modern light and air pollution sickness disorder that's developed over the last 50 years. More of the same doesn't help anybody's health. The continued lack of empathy for those without gardens, without financial reserves and the ability to work at home on the computer. The denial of human touch as the major de-stressor in our lives. The denial of the benefits of sea air and bracing walks in the sunshine. The denial of the benefits of being in nature and in city parks. The continued pushing of mask wearing when it's an unhealthy long term practice of no benefit to healthy people unless looking after patients. When fresh air boosts health.



The irony of social distancing when most of the time with touch we pass on healthy microbes and generally it's the sick that pose the risk of infecting you. Sex stimulates the immune system. It helps lower blood pressure, it helps the heart and eases stress. All these factors help fight infectious disease and improve mortality.

The major factor in better mortality is having a purpose in life and businesses built up over 10 to 20 years are now crashing dreams all around us. It's not that the effects of the lockdown on the economy, jobs and stress are worse in terms of death than the disease. It's that the lockdown is fundamentally unhealthy in every respect.

All for an alleged virus no one has actually taken a whole specimen of from any supposedly infected person anywhere in the world, which is the normal, standard way of dealing with diseases.

Why exactly do we need to jam Q-tips half way up to peoples' brains, when a drop of spit can infect someone from 6 feet away? If masks work then why social distancing? If lockdowns work then why Sweden, Belarus, Taiwan, South Korea, Singapore, Japan and many other places that remain open and virtually 'covid'-free?

Why wear a mask to stand up but not sit down? Why lockdown on a specific date instead of right away? Why scare people half to death in order to sell a shot which by their own admission won't allow anyone to live normal lives again anyway?

The NHS was never, at any point, overwhelmed - many of the staff became so bored they began recording themselves doing choreographed dance routines for morale boosting purposes. The Nightingale wards that were purposely built for covid victims to allow the continued treatment of patients with life-threatening illnesses in regular hospitals, were never used and were dismantled wasting billions; and many of those patients with life-threatening illnesses saw their treatments cancelled - but at least they had those NHS dance videos to cheer them up.

The Prime Minister's statement of 16th March 2020 went: "it remains true as we have said in the last few weeks that risks of transmission of the disease at mass gatherings such as sporting events are relatively low."

Continued on page 2 >

## THE LIGHT PAPER March 2021

Distributed independently to remain fiercely free from the establishment we seek to hold to account.

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# Children Used As Lab Rats For The Rulers' Experimental Shots

by **NEILL McCRAE**

**The worldwide vaccine push has gone into overdrive. And now they are coming for our children. Parents in England are encouraged to enter their children into a clinical trial of a covid-19 vaccine. Three hundred children, aged from six upwards, will be recruited, of whom 240 will receive the experimental doses and 60 a comparator meningitis vaccine.**

According to the Oxford Vaccine Group, which is heavily funded by the Bill & Melinda Gates Foundation, girls aged eleven upwards must take a pregnancy test and 'use an effective form of contraception for the duration of the trial'.

Chief investigator Andrew Pollard, professor of paediatric infection and immunity at Oxford University, explained that 'while most children are relatively unaffected by coronavirus and are unlikely to become unwell with the infection, it is important to establish the safety and immune response to the vaccine in children and young people as some children may benefit from vaccination'.

Currently no covid-19 vaccine has been approved for children, and this is clearly an obstacle that the world alliance of governments and Big Pharma want to surmount. But as children are not at any significant risk from covid-19 or other coronaviruses, this trial, and the intended expansion of the vaccination programme across all age groups, is ethically dubious.

*Photo: the CDC*

As the British Medical Journal guidelines state, 'research should only be done on children if comparable research on adults could not answer the same question'. A 'Catch-22' problem arises: the vaccine can't be given to children because it hasn't been tested on them, but it is not justifiable to do such testing. 'We believe', states the BMJ, 'that research in which children are submitted to more than minimal risk with only slight, uncertain or no benefit to themselves deserves serious ethical consideration'.

Retired pathologist John Lee argued that vaccine trials should be done "in the right order", testing for long-term effects before administering to children. As Lee explained, there is a balance to be found between pursuing herd immunity and the risk of adverse events: the measles vaccine, for example, is potentially more of a risk to a child than the disease itself, because measles has been suppressed so successfully. For covid-19, it would be better for children to develop natural resilience. Lee called for a wider debate in society. Instead, our leaders have allowed a cabal of authoritarian leaders, biased scientists and pharmaceutical giants to set the agenda.

In February Boris Johnson announced that pupils will be tested for covid-19 on return to high school, with face masks compulsory in communal areas. Failure to comply is likely to lead to a child being forced to stay home. Will this also happen to pupils who haven't received the covid vaccine? Ask a government minister and you will get the answer: 'that's not what we are currently planning'. And we should know what that means.

# Correction & Welcome To The Light Paper

**The article in the Feb issue 6 of The Light paper on the dangers of 'smart' technology was written by Amanda Kenton and not Matthew Reynolds as we printed.**

As accurate as we intend to be, sometimes mistakes are made and we apologise to the correct author unreservedly.

If you would like to write for The Light, we welcome you to send a word document of 1000 words or many less to the email in the box above, making sure your news article is of national or international interest, verifiable, and never capitalises the word 'covid'. Also, make sure you put your name on the document itself, or mistakes could occur..

"In times of universal deceit, telling the truth is a revolutionary act." Orwell presciently wrote for our times.

Far too many people are still unable to differentiate between mass mainstream government, corporate and banker-backed 360-24/7 propaganda, and the voices of rational individuals who simply ask questions and demand answers, and are clearly not part of any major conspiracy to own and control the entire world.

Quite the opposite in fact, we're for individual freedom for everyone that does not deny it to others. To some of course, that sounds too much like revolution, but that's because they've been listening to the actual dangerous, subversive revolutionaries for a very long time, not realising they already control all of the 'official' establishment levers of power and mass influence.

# The New Abnormal One Year On

> Continued from front page

Then his statement of 23rd March said: "we will immediately close all shops selling non-essential goods, including clothing and electronic stores and other premises including libraries, playgrounds and outdoor gyms and places of worship.

We will look at them again in three weeks and relax them if the evidence shows we are able to."

It was never their intention to reopen any of these places. They have destroyed countless businesses and they know exactly what they are doing.

People are now so entrenched in the masquerade they will support any measure imposed, and have even begun to convince themselves they have 'covid', or their friends have it, when all symptoms described are those of the flu, pneumonia and other respiratory diseases that have amazingly all but disappeared this year.

First it was masks won't help, then it became maskageddon, now after a year the amazing scientific brains the government and therefore the country all follow like lemmings have figured out we need 2 masks. What next, mandatory rubber gloves and an anal schwab every week?

At what point are people going to say "NO"? How much disruption, depression and chaos are they going to put up with before they finally snap? Or is that indeed the plan, to cause mass riots and civil unrest? Many think so, but we are already living under near martial law in all but name. Curfews, travel restrictions, ID/name demands by police, all dissent, opposition or political meeting/ protest is violently repressed – witness Manchester café owner Luca, who was punched in the face repeatedly by a police officer while another held his arms, and Liverpool gym owner Nathan deAsha who was beaten and kicked repeatedly by several officers as seen on a viral video.

Even if there was evidence of a genuine health emergency out there, it still would not be reason to suspend all normal life for healthy people, and especially those under 75 who even according to official highly-inflated figures, are at a tiny risk of dying from 'covid'.

Those who are sick should isolate, as it ever was, but being told on bus stops and scary tv and radio adverts to 'act like you've got it' is pure behavioural modification technique, suggesting people pretend they have a disease is as warped as it is possible to be in a mass government advertising campaign.

When will it end? When they decide they've had enough of controlling people like slaves and sucking enough money out of the public purse to live like kings? Or when the people decide enough is enough and they are going to resume their normal lives even if the government, the BBC and those still bafflingly enthralled to a collection of psychopathic criminals they call the government are still trying to brainwash them that they could get ill and die at any minute?

We think the risk is worth it, live your lives before there is no life left to live any more. Their 'great reset' is not going to be for our benefit – though it is of course being sold as that, nothing they do ever actually is.

# NHS Worker For The Truth

**There is an urgency in our time which is making us do crazy things, crazy things in the name of truth. And when someone gives up something so dear to them, there has to be a reason behind it.**

This time last year was the start of something for many of us. Another push for 'The New World Order', known by many as Agenda 21/30 or 'The Great Reset' - but I wasn't on that page. I had been sucked into the propaganda that was fed to us all our lives via the news, and I was fearful that this was the end.

If it wasn't for the fact that I worked within local hospitals, then I probably would have continued to believe the fear that was being pushed upon the world. But I had an insight and nothing measured up to what the public were being told.

Within a couple of weeks, the hospitals were getting quieter and quieter. I was doing shifts with practically no patients. The wards were empty and staff were hanging around, waiting for the impact of this deadly virus.

It didn't arrive.

Was it the calm before the storm? Everything we were shown on the news was nothing like what was happening in my reality and as time went by I could see that the media had used their power to implant fear and manipulate the masses.

I was a Health Care Assistant and worked on the bank for the NHS.

Our dear NHS, that I had admired for so long that I wore my badge with great pride; this was my dream job - to be part of a system that I thought at the time was an amazing privilege.

It was my calling to help others who needed care.

This job was flexible. There was ALWAYS work and they were crying out for staff. You could call up and say you were free to work a few hours and they were grateful as hospitals were bursting at the seams but on the 29th of April, all members of Bank Staff were sent a text to say that all shifts had been cancelled.

At the height of a pandemic there was no work?

I had no work for 3 weeks and after a month, shifts began to become available again, but mainly for nursing homes and care in the community. Towards the end of May, the hospitals started opening their doors again.

I began working my shifts, but it wasn't the same.

**by SHELLY TASKER, EX NHS CARE WORKER**

Alongside others, I struggled wearing the PPE and felt that healthcare didn't seem like 'health care' anymore. Many staff had suggested that this virus was not as deadly as it's been made out to be, and seeing what was happening on the news, yet working in this environment told me that something was so terribly wrong.

No visitors allowed, and covid-19 swabs that were torturing poor elderly patients with dementia who didn't have a clue what was going on. I was asked to participate in this by going round the ward foisting these tests on people. I just could not, under any circumstance, take part in something that felt so cruel and wrong.

I could not reconcile, in my mind, how a deadly virus which could apparently be carried on your breath, needed a brutal invasory test to confirm whether you were infected. Surely you could just breathe on the swab?

I went to demonstrations in London which had 35,000 plus people and felt perfectly safe. I stood amongst people who had seen between the lines of the 360 media and who knew these lockdowns were uncalled for.

When it was decided that our country would go into a second lockdown in November, I was astonished. There was no evidence to support this measure – even less than the first time round!

So, I did something 'bad'. I took a screenshot of an email from the NHS Head Office, that showed the number of cases in Cornwall, and I shared it on social media. I was subsequently reported and then invited by my superiors to discuss it.

What could I do? I couldn't deny it as it had my name on it.

There was a "Cornwall Freedom Rally" the next day and I decided to reveal these numbers to the people, believing this should be public information, if they were being lied to in order put them in a state of fear, they had a right to know.

I cried on the way to this rally. I absolutely loved my job, and knew that there would be no going back. But I felt compelled to tell the truth - our county, Cornwall [population 565,000], was shutting down and being locked up for a further month due to 3 people in hospital with covid-19! Yes, 3 people.

More were going to die from not accessing their treatment/ medications, and what about the businesses that would close and never be able to re-open again? Peoples' livelihoods that they worked so hard to build ruined.

Poverty and mental health were fast becoming a greater threat to us all.

*Shelly Tasker* *Photo: Shelly Tasker*

I wore my uniform sadly for the last time when I gave my talk.

At the time I didn't really think that what I did would have the impact that it received.

Within 24 hours a video recording of my talk went viral and it was receiving mixed reviews.

LOTS of Hate, but an equal amount of support and love.

Obviously from the media it was made out that I was a 'conspiracy theorist" and telling lies.

Two days later a spokesperson for the NHS said that the numbers I had revealed were in fact correct. This was also publicised in "The Daily Mail".

So, in theory, anyone could have done their own research to get this information.

I hadn't worked for a period of 8 weeks due to the struggle of wearing a mask.

I also had a second job which I work at, as a self-employed photographer, so I was fortunate not to have to solely rely on the income alone from the hospitals.

I received an email from work asking for me to call them as they wanted to discuss what I had done. I never replied.

A week later I received a letter asking for me to come in for a discussion, also stating that if they did not hear back from me by a certain date then they would accept my public resignation. Again, I did not reply.

Part of me wanted to go along to see if a disciplinary would take place and if there may be a chance of me keeping my job.

The realisation was that I cannot work due to wearing a mask, and the chances that I would be discriminated against due to what I had done and my personal beliefs would undoubtedly make working very hard.

To this day I have heard nothing from them, however I still receive daily text messages offering shifts. I have not been formally dismissed nor did I formally resign.

Due to lockdown and NOT having a massive Self Employment Grant awarded, I am reliant on my partner. I am not entitled to claim any benefits.

It would appear that the only way forward is to push my photography business when we are out of lockdown.

Perhaps I worked too hard for things that at this moment I no longer see any long-term benefits from.

Spending time with my family and 7-year-old has made me realise what life really is all about.

My son's future is what it's all about!

I will continue to fight for our rights and children's futures. We ALL have a voice and can use it should we so want to.

Back in the days before mass corporatisation and subsequent corruption had taken over the world, Community Assemblies existed, governed by Common Law principles.

Food Cooperatives, healthcare and education are all very much on the agenda of Community Assemblies.

Imagine that… new, healthy schooling that does not indoctrinate your young ones with the ideology of Big Business and government sponsored propaganda, warping their vulnerable minds to create their ideal "global citizens" of the future.

The training of Lawful Observers [future Peace Constables] to create a national organisation that can become our own private security has already commenced [www.lawfulobservers.org].

There are 69 assemblies across the U.K and this is growing rapidly with others now using the same set up in Canada, South Africa, and the USA… This initiative really could take off internationally!

Do check out the website for a more details: www.communityassemblies.org

It is time to be the change you want to see!!

# Never-Before-Seen 'Covid' Symptoms? Try Using Logic

**One of the 'strange and unique' covid symptoms, cited to prove 'the virus must be the cause,' is loss of the sense of smell. Try this. On a search engine, type in, 'Mayo Clinic, loss of smell, causes.' You'll find a long list of conventional explanations. Nothing new or unique…**

by **JON RAPPAPORT**

Recently, I published an article explaining why people are dying without the presence of a virus. It's the great covid re-labeling scam.

All sorts of traditional lung problems are re-packaged as 'covid'.

Of course, I've also been writing many articles showing that SARS-CoV-2 has never been proven to exist.

I've made it clear that in every so-called epidemic, there are 'outlier cases.' People with unusual symptoms. Commenters pick up on these outliers and weave all sorts of stories around them.

Covid is no different in this respect. The stories begin with reports that 'some patients' have extreme shortness of breath, or their chest X-rays reveal "ground glass" lung patterns.

Therefore, the stories go, SARS-CoV-2 must exist, or another massive and singular cause is creating these highly unusual symptoms.

First of all, in the reports, we don't know HOW MANY patients have the unusual symptoms. Is it 10? 50? 500? And are they all from the same city or town? We're fed a generality.

And second, no one bothers to look for prosaic causes of these 'strange symptoms.' Of course not. That would be too obvious. Too simple. Less interesting.

Let me give you an example. Extreme shortness of breath. Hypoxia. Low oxygen levels in the blood. That's one of the 'strange symptoms'.

Patients in New York have mystified ER doctors because they show up with this condition.

But WebMD lists a number of obvious causes for hypoxia: asthma attack; trauma (injury); COPD; emphysema; bronchitis; pain medicines, 'and other drugs that hold back breathing'; heart problems; anemia, 'a low number of red blood cells, which carry oxygen.'

Among the drugs that can cause the oxygen deprivation known as hypoxia? From drugabuse.com: "…opiate [opioid] drugs also slow your breathing…and in case of an overdose, your breathing is slowed to a virtually non-existent and lethal level."

Is anyone looking into THAT, in New York?

More from drugabuse.com: "In the U.S., a whopping 44 people die each and every day as a result of respiratory arrest brought on by prescription opioid overdose. The opioids depress your breathing, bring on heavy sedation and make it impossible to wake up. What's more, the opioids found in painkillers are the same ones found in heroin, which caused over 8,000 overdose deaths in 2013."

2018 estimate of deaths from opioid overdoses in New York: 3000. Many more people in the New York area are addicted to these drugs. In New York State, in 2017, the number of people discharged from hospitals, after treatment for opioid overdose or dependency: 25,000.

In 2020, people who have developed opioid hypoxia are misdiagnosed with 'covid-19 lung problems.' Some of these people would be sedated further, put on ventilators—ignoring the need to deal with their overdose, their addiction, their withdrawal—and they die.

New York City, opioids, heroin, severe breathing problems, hypoxia, ventilators with sedation, death.

None of this requires the existence or transmission of a purported coronavirus.

And hypoxia can be alleviated with oxygen delivered through means other than ventilators.

So it turns out that extreme shortness of breath is not unusual. It has a number of causes. None of them requires the existence of a virus.

Now let's consider the so-called 'ground glass' phenomenon. From MEDPAGE Today: "The term [ground glass] refers to the hazy, white-flecked pattern seen on lung CT scans, indicative of increased density.

Chest radiologists adopted it [the term] in the 1980s, with a first appearance in the Fleischner Society Glossary of Terms for Thoracic Radiology in 1984.

We see [ground-glass opacities] so often in chest imaging,' Guo ['Henry Guo, MD, PhD, of Stanford University in Palo Alto, California'] told MedPage Today. "They come in different shapes, sizes, quantities, and locations, and they can indicate many different underlying pathologies — including other viral infections, chronic lung disease, fibrosis, other inflammatory conditions, and cancers."

So there's nothing new or highly strange about the ground glass phenomenon.

But wait. There's more. Adam Bernheim, MD, of the Mount Sinai system in New York City, authored one of the early papers on chest CT findings in covid-19. He and his colleagues studied images captured from 121 patients at four centers in China mostly in late January 2020.

"There are a lot of diseases that can cause ground-glass opacities, but in covid-19, there's a distinct distribution, a preference for certain parts of the lung, chiefly in the lower lobes and periphery, and it appears multifocally and bilaterally," Bernheim said.

"Covid-related ground-glass opacities also have a very round shape that's 'really unusual compared with other ground-glass opacities," he said.

Aha. So maybe covid patients ARE exhibiting an outlier pattern of ground glass?

Alas, there are several problems with that assertion:

First of all, how do we define a 'covid patient?' Through a PCR test for a virus that has never been proved to exist?

The second problem with the doctor's statement in the MEDPAGE article: all the patients came from China, and they were diagnosed very early, at the beginning of the 'outbreak'. How were they diagnosed?

Guess what? We have 20 patients with unusual CT lung scans. We're going to call them 'pandemic victims of a new virus.' Why? Because they have unusual CT lung scans. This is called circular reasoning. It's a chapter in a subject called logic, which used to be taught in schools, before "I'm triggered" and "I want to cancel everything" became major courses on the way to a PhD in Grunge.

The other problem has to do with deadly pollution, and what lung X-ray patterns it can cause. In China, for example, above large cities like Wuhan, there is a unique mixture of early industrial and modern industrial pollutants—never before seen in human history.

The synergistic effects of these individually toxic compounds have never been studied. Therefore, it's quite possible that the outlier ground glass patterns are the result of this new and different air pollution mixture.

What I'm reporting, in this article, needs to be understood, before making bold claims that a new virus, or some other esoteric cause, is responsible for 'ground glass in covid patients' or 'low oxygen levels.'

Getting the picture?

Going off on tangents—claiming that 'some covid patients' are showing astounding symptoms—makes for shocking stories, but it doesn't take into account far more likely explanations.

People with a propensity for launching shocking stories will never be satisfied with ordinary answers. They'll keep driving their tales forward. They'll keep claiming patients are showing symptoms that have never been seen before.

Some shocking stories are true. Some aren't. I suggest using a degree of rationality and logic to differentiate between what is merely bizarre for its own sake, and what is strange AND true.

***https://blog.nomorefakenews.com/2021/02/10/never-before-seen-strange-covid-symptoms/***

# Police Brutally Enforce Lockdown Rules

**Merseyside Police beat up a handcuffed man in the name of health and safety. 3 people, including owner Nathan De Asha, were arrested at the Prophecy Performance Centre in Speke, Liverpool on Feb 7th, after police found approximately 50 people on the premises. Fines were issued to all gym goers, one man and woman were charged with false imprisonment and another charged with assaulting a police officer. Speaking to the district judge, Nathan said "we were basically manhandled, mauled and abused by Merseyside Police". Video evidence of Nathan's claim was circulated widely on social media after he returned to the gym to collect CCTV footage of the attack.**

by **JESS PETERS**

On the same day, cafe owner Lucjan Domanski was arrested for assault after being punched in the face twice by a Greater Manchester Police officer, while having his arms held by another, for the crime of serving food. Manchester City Council later issued a 3-month Closure Notice to small business owners Luc and Kat due to the 'potential disorder posed by customers and the owner' under the Antisocial Behaviour, Crime and Policing Act 2014, as well as several fines. Video footage shared online shows the offending officer seemingly use his handcuffs as a knuckleduster.

GMP astonishingly released a statement regarding the incident they described as an assault on *their* officer.

On Feb 17th, a Trafford gym was forced to close and its owner, Emile Vujakovic, fined £1000 in a bid to promote good health. Greater Manchester Police attended Ace Conditioning on the Harp Trading Estate in Trafford Park after receiving a number of reports from members of the public for breaches of covid regulations. Inside they found 13 people, including the owner, taking part in a group exercise session. The local council had previously issued a warning to Emile and are now seeking to take formal action against him to ensure that his exercise business stays closed, including the use of enforcement officers to monitor the gym.

Police Scotland broke into a family home on *suspicion* of a covid breach. A harrowing video of the incident was shared by the family in which the children can be heard crying and pleading with police to leave the property. In the midst of pushing their way in, the officers' aggressive conduct triggered an epileptic seizure in the young daughter who had returned to her parents' home in recovery after suffering mental health issues stemming from the measures implemented by Boris Johnson's regime. Chief Constable Iain Livingstone supported this draconian action, stating that he was "satisfied about the legitimacy and proportionality" of the response.

Dozens of police stormed a Melbourne gym on Feb 16th and arrested three people including one of the owners for 'breaching directions issued by the Chief Health Officer.' Victoria police forced the customers out of the building after they refused to leave and stayed until it closed. 175 people came out in support of the gym that day, attending for casual sessions with no masks. Mr Pope said after a hard year he simply can't afford to close and has 'no intention of paying any unlawful fines handed to him.'

# Employees - Know Your Rights

by **NIAMH McGARRY-GRIBBIN**

**In these times of uncertainty regarding job security it is to be expected that employees who are forced to comply with mask wearing, covid testing and vaccination reluctantly and unwillingly do so in order to keep their jobs. Many are asking relevant questions on social media in respect of the law and their individual rights in this aspect.**

According to ACAS (Advisory, Conciliation and Arbitration Service) no employer can force an employee to have a medical test or vaccination. It violates individual human rights and autonomy over your body. However, an employer can implement company policy regarding masks, covid tests and vaccination. If an employee contravenes this and is consequently subjected to disciplinary proceedings or dismissal the employer runs the risk of being taken to an employment tribunal. To date this has not happened. It is too early in the legal process for any such hearings to have taken place. According to the ACAS advisor I spoke with, it is only a matter of time.

As someone with extensive management experience and knowledge of employment law, though by no means an expert, I recommend that prior to wearing masks, being tested and/or vaccinated, employees seek advice from their union representative. In the instance of having no union membership, the employee should ask in writing in the first instance to see their employer's risk assessment in respect of their health and safety pertaining to the masks, tests and vaccination. Second, a formal written request should be submitted asking to see the employer's business insurance to determine if the employer has liability cover in the event of adverse reactions caused by imposing such policies.

In response to my queries, a business insurance expert at a well-known insurance firm confirmed that underwriters will not insure against a known risk. Acknowledging that the Medicines and Healthcare products Regulatory Agency (MHRA) expect a high volume of reported adverse reactions to the vaccines, and the masks are known to cause bacterial pneumonia and do not protect against viral transmission, it is reasonable to assume that there is a known risk. Therefore, an employer's business insurance will not protect the employer against liability rendering the employer personally accountable.

Receiving a request to see your employer's business insurance cover in itself should have the employer wary of dictating potentially damaging requirements of their workforce. Nonetheless, in the event of the employer continuing to make such demands it is prudent for each individual employee to issue a formal notice of liability. This must detail the employee's concerns for their own health and wellbeing regarding their being mandated to do something in order to comply with their employer's demands. This can be a simple letter that does not need to be peppered with legal jargon. The content though must contain reference to the employer's personal liability for any adverse reactions sustained by the employee in following company policy. The body of the notice must also include a request for written acknowledgement of the letter from the employer, thereby constituting a formal contract confirming the employer is aware of the potential consequences of their actions. The letter has to be dated and signed with a wet-ink signature in order for it to stand as a lawful document should any subsequent legal proceedings arise. Like all formal correspondence this should be sent by recorded delivery proving postage and receipt by the recipient. The chit issued by the post office must be kept by the employee as further proof of posting.

We are all aware of legislation pertaining to the work place such as the Health and Safety at Work Act 1974. However, these are unprecedented times. There is great debate as to whether such company policies protect employees or put them at risk. It is up to each individual to fight for their rights ensuring protection from any harm in the workplace. They say the pen is much mightier than the sword. It is time the workforce took up arms and protected themselves against tyranny.

**Find out more:**
**www.acas.org.uk/coronavirus**

# Letter From 2030: I Own Myself, Have Privacy And Life Has Never Been Better

by **STUART FARR**

**Welcome to 2030. Welcome to my home.**

A lot has changed in the last 10 years… The Covid Power Grab compelled everyone to stand up and make their own choices before someone else did it for them. Luckily we snapped out of our collective stupor in time to take full responsibility for ourselves.

Owning property is essential for living creatures to provide safety and security for themselves. Like a bird has its own nest which it defends from other birds and predators. In 2030 privacy and property are respected as a fundamental aspect of our humanity.

Life has become easier, affordable. Fiat currency is void. Central Banks have been abolished. Gold from the reserves were released to the market and inflation is minimal. The gold standard isn't perfect, but it's far safer than the absurd way we let private banks force interest rates and manufacture inflation. Sure there were some inconveniences, and we had to give up a few luxuries. These were small sacrifices compared to the top down control we were suffering.

Bigotry and prejudice are relics of the old way. We realised our differences were being exploited for profit, controlled by a class of maniacs that co-opted our natural state and parked their preoccupations in our minds through a culture of psychological marketing.

All journalism is open source, people have been taught critical thinking and an open market doesn't allow dishonesty to flourish. Censorship is impossible. Legacy media are still broadcasting traumatic propaganda, but they're treated as drug dealers. You're free to take as much poison as you like, it's your choice. But not many people bother with either drugs or TV anymore. They're niche interests the youth enjoy experimenting with, but everyone grows out of it.

The tech industry has been restrained from introducing pernicious, harmful addictive products to the minds of children. Only open source ethical companies thrive in todays market. Collecting and selling data is anathema to our modern sensibilities. The Big Data market went bust because privacy and anonymity is more desirable and profitable in 2030. Mental health issues have declined since nobody feels the pressure to live up to inhuman standards perpetuated by addictive social media routines. Working life is more fulfilling and balanced, humans are in control of their days rather than being a commodity rinsed out from 9 til 5 with the weekend off to unwind.

Driverless cars are convenient, they are used for short local trips when you can't or don't want to drive. Popular with children, they run on their own track so as not to prevent free travel by individual car owners.

All food is locally produced, organic and fresh. Poisonous additives, pesticides and preservatives are illegal. Intensive farming, mass produced and processed food cause so much harm they are considered a crime. Geo-engineering is recognised as a crime against humanity, along with GMOs and glyphosate.

There were some bathing the planet in untested microwaves, beamed from the ionosphere. It's funny to think just how close we came to frying ourselves for quicker downloads. Those idiots are in prison now, but they are still worshipped in the 'Dumbghettos'. An archipelago of smart villages modelled on the panopticon discipline system. Some devotees of government overreach found they couldn't handle responsibility. They voluntarily moved into these concrete reservations to live out their addiction to dominance, control and surveillance. They're the least of humanity. Wretched weaklings with barely a mind between them. Drones in a hive. 100% of them have cancer but it is considered a thing of pride, a sign of devotion to the transhumanist struggle. They wear colour-coded badges to show the advancement of their tumours. Behavioural modifiers delivered through the BrainWire™ encourage them to clap for those with the biggest cancer score.

Weaponised mind control disguised as search engines are illegal in the real world, but a simulation of Google (remember Google?) still operates in the Dumbghettos. The most healthy among them are sponsored by the FAANG LARP Corp. Some allow their cognitive functions to be tapped by the corporation to be a human cloud and help with herd processing. They earn tokens for this. The rest subsist on handouts generated by artificial intelligence (a simulated government).

Sometimes I feel bad for all the 'frontline workers' and health care professionals who went to jail after the Covid Trials. But they chose to put their jobs and reputation above the welfare of the sick. Millions of treatable patients were left to die, committed suicide, suffered severe mental health problems, some went blind being refused treatment, lost limbs. Children forced to die alone, kept from their parents. All to protect themselves from a mild virus that 99% of us survived. They have the rest of their lives to reflect on their actions. Nobody claps for them.

Any hoo. Life for the rest of us is awesome. Not much sickness these days. Research into the cause of disease is heavily funded - the hammering of symptoms with chemicals is rare. Most of the Big Pharma corporations were devastated by the back log of prosecutions when indemnity was lifted. Today's medicine production is natural, ethical, rigorous and prioritises care. Only pure, safe remedies are available because you get personally sued if you cause any harm. Average life expectancy is 120 years, and the advanced years are enjoyable. Dementia is almost eradicated. We think it's because of the clean diet, clean air and clear water.

But enough of my enthusiasm...

I bet you can't wait for 2030?

See you in 10 years or less.

***www.wecanlivebetter.org/2030***

# Make Freedom Your Religion - 2021 Census

by **NIGEL JACKLIN**

**The census is coming. Have you received a leaflet through the post asking you to look out for your census invitation pack? Census day is Sunday 21st March.**

As a market researcher and statistician, I am a regular user of Census data. I was interested, therefore, to hear of plans to encourage people to write in and 'register' a new religion on their Census form. 'Freedom' is the name that has been chosen.

A clear mark of protest, echoing the calls of people walking the streets across the UK last year.

Is 'Freedom' the new Jedi?

The Census form allows you to write or type in 'other' answers for religion. If enough people write in exactly the same thing it gets counted and should be reported. In the 2001 Census 390,000 people wrote in 'Jedi' making it the fourth largest reported religion in England and Wales. 2.6% of the population of Brighton claimed to be Jedi. It's no coincidence that I heard about this new 'religion' in nearby Lewes, the home of

census 2021

political theorist Thomas Paine.

The plan is that you put 'Freedom' as your religion if you complete the Census form. Could you see yourself converting to the 'Freedom' religion!?

In 2001 the official view was that the 'Jedi phenomenon' was a good thing. According to John Pullinger, Director of Reporting and Analysis for the Census, "The Jedi campaign may have worked in favour of the Census. It may well have encouraged people to complete their forms and help get the best possible overall response."

Statisticians are well known for their wry sense of humour. The ONS (Office for National Statistics) issued a press release entitled "390,000 Jedi there are". Maybe this time around it will be "Freedom, there is?"

# Lockdown Kills

by **NEILL McCRAE**

**Lockdown sceptics have 'blood on their hands', according to the propagandists of covid terror. The supposedly liberal intelligentsia, the same people who tried to defy democracy after the EU referendum, are now putting the plebs in their place. They must stay at home, muzzle themselves, and forego their leisure pursuits of football, shopping and the pub. Anyone failing to fully comply is recklessly spreading germs and contributing to the daily death toll.**

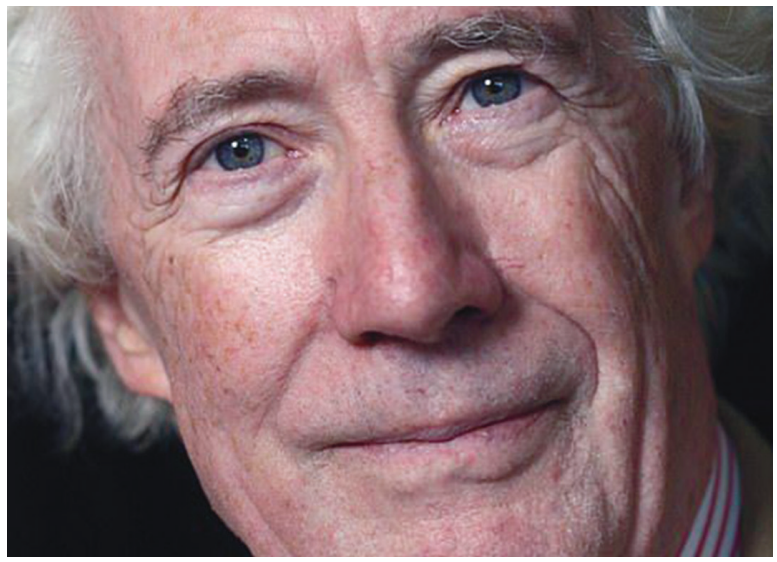
Yet the sceptic need not leave the house to be accused of endangering lives. Toby Young, for example, sits indoors at his computer all day long, but his Lockdown Sceptics website makes him a pariah figure. Lockdown zealots such as Observer writer Nick Cohen and Tory MP Neil O'Brien smear him as a covid denier.

Under fire this week was Lord Sumption, who got into a futile debate on the BBC television show The Big Questions. The value of life, he said, is not equal, but measured by rational criteria. Health economists use QALY (quality-adjusted life years) to assess the impact of services and treatments. The retired Supreme Court justice wasn't saying anything radical: in a dilemma between saving a healthy young child and an octogenarian with a debilitating disease, who wouldn't choose the former?

But Lord Sumption was challenged by a woman with advanced cancer, who accused him of saying that her life is 'worthless'. Against such raw emoting, no amount of sophisticated ethical reasoning could prevent him from being characterised as callous – thus a typical lockdown sceptic.

Another illustration was in the Mayor of London's question time on Thursday, when David Kurten probed Sadiq Khan on his promotion of covid vaccines as safe. They have not been tested on pregnant women or children, Kurten said, but according to the mayor he was categorically wrong. Faced with further contrary facts, Khan resorted to virtuous grandstanding of no relevance to the question, suggesting that Kurten go to a NHS hospital to hear from staff about their heroics. Severe adverse events are likely to be either ignored or accepted as a collateral price worth paying.

While lockdown sceptics get a bad press, the administrators of the covid regime should be confronted on their own attitudes to the sanctity of life. Tens of thousands of older people were discharged into care homes after the outbreak last spring, condemning not only themselves but also cross-infected residents to untimely demise. 'Do not resuscitate' signs are put on patient's notes without their consent. And official statistics confirm that restricting access to hospital caused unnecessary deaths from cardiac disease, among several other conditions, while delaying cancer screening and surgery is a mortal time-bomb. Lockdown kills.



*Lord Sumption.*

Those who pontificate about their compassion are not so humane when you scratch below the surface. The educated middle class is suffering least from lockdown, on secure salaries and nice homes with space for an office. They are politically drawn to state intervention, ostensibly to help the disadvantaged, but also to bolster their privilege by maintaining a professional bureaucracy and progressive hegemony. George Orwell disparaged this self-serving class, dripping with snobbery and contempt for lesser mortals. They care little about livelihoods destroyed on 'the road to Wigan Tier'.

The liberal lie has been thoroughly exposed by covid as a façade for an authoritarian impulse. But not for the first time. The Soviet Union was lauded by many of the British professoriate, despite knowledge of Stalin's slaughter of the kulaks and the consequent famine in the Ukraine. About 150 million died in the Marxist experiments of the twentieth century, but to the bitter end the progressive Left see a means-to-an-end virtuosity.

Amid the latest controversy, Lord Sumption was smeared as a 'eugenicist'. The eugenics movement is often blamed on the Right, following the Nazi horrors, but it mainly drew support from the Left of the political spectrum (and let us not forget that Hitler's party was National *Socialist*). Unlike the statues being toppled for revelations of past links to the African slave trade, the plaque celebrating playwright George Bernard Shaw remains on show at the London School of Economics. A Labour activist, Shaw was first to propose gas chambers for social misfits and other 'useless beings'.

The liberal Left has an instrumental stance on life and death, as shown by its strident support for euthanasia and abortion. Perhaps Lord Sumption, in responding to media attacks for his relative life assessment, should have asked whether a baby in the womb has as much value as his critics. The progressive government of New Zealand, led by Jacinda Ardern, has legalised abortion at the cusp of birth.

Harsh utilitarianism is more prevalent on the progressive Left, because that is where Godless ideology thrives. Instead of the likes of Toby Young, Peter Hitchens, Laura Perrins, Clare Craig and Mike Yeadon being the culprits, it is the lockdown puritans who wreak carnage. It is they who are destroying livelihoods, driving people to despair and misappropriating the NHS to deprive non-covid patients of vital care.

# High Court: You Still Have Right To Remain Silent

by **PATRICK ORMEROD**

**On 23 April 2020, during the first lockdown, Mr Neale, a 60 year old man, had gone into Newport City Centre to take his key worker friend's car for an MOT test. He was sitting on a bench waiting for the test to be done when he was approached by Police Community Support Officers (PCSOs), who asked him to provide reasons for being in public and to provide his name and address so that a Fixed Penalty Notice (FPN) could be issued. Mr Neale declined to provide this information. A police officer attended the scene and demanded Mr Neale's name and address. He refused and was then arrested and taken to a police station despite the risks involved during the height of the pandemic.**

Mr Neale was prosecuted under the original Welsh Coronavirus Regulations for leaving home without reasonable excuse and obstructing a police officer by refusing to provide his name and address so that a Fixed Penalty Notice could be issued to him.

At Newport Magistrates' Court on 25 August 2020, Mr Neale was convicted of obstructing a police constable – the magistrates' court held there was an implied duty in the Coronavirus Regulations to give personal details to the police when asked.

Mr Neale appealed by way of case stated to the High Court. Quashing Mr Neale's conviction, the High Court stated that: the Appellant was under no common law obligation to give the police his name and address; the right to silence is not reserved only for the innocent and those beyond suspicion (in Mr Neale's case he was, in fact, acquitted of the offence he had been accused of); the Appellant was not under a statutory obligation pursuant to the Coronavirus Regulations to give his name and address to the police – the Coronavirus Regulations do not expressly create such an obligation;

The judgment was a significant restatement of the position in Rice v Connolly that there is no general common law duty to assist the police and a person cannot be guilty of wilfully obstructing a police officer by remaining silent when questioned if there is no legal duty to answer questions. There is no such duty under Coronavirus Regulations.

Separately, Mr Neale's case raises serious questions about the enforcement of Coronavirus Regulations and may have implications for policing and for those who have been issued fixed penalty notices by the police and/or prosecuted for offences under the Regulations.

# Totnes Truth Attacked

**Activists in Totnes have set up new support groups to help people cope with the stress of lockdown.**

The Devon volunteers are urging others to see this as an innovative way to bring people together and help them during the current crisis. Already other local towns have followed suit.

Support groups of up to 15 people, together with additional facilitators, are permitted under government guidelines.

Dr. Steve Hopwood, who runs the Arcturus complementary therapy clinic in the town, said: "Support groups are able to be run which can offer mutual aid, therapy or any other form of support needed by the group but must be held in premises, not a private residence.

"With up to 15 people, plus 5 facilitators, this can allow for a gathering of up to 20 people. As more and more people join, then it is possible to establish more and more groups and meetings - which is excellent!"

The small Devon town of Totnes is already considered by many to be a New Age hub of 'enlightened thinking', but the resistance by local activists to the lockdown and experimental vaccine roll-out has stirred up a hornets' nest of reactions from local residents.

The volunteers distributed 5,000 copies of The Light, along with their own leaflets in January. It prompted two consecutive front-page articles in the local newspaper condemning what they were doing.

The Totnes Times reported that 'Shoppers feared for their safety,' as they were forced to walk by the group that had gathered in Shady Garden, halfway up the high street. 'None of the group were wearing masks, and according to eyewitnesses were seen hugging and huddled together,' the newspaper continued, breathlessly.

by **RICHARD WRIGHT**

The town's Mayor, Ben Piper, called them 'despicable'. He said: "A small number of politically motivated individuals are abusing the tolerant nature of this community, to draw vulnerable people into their post-truth agenda and putting us all at risk."

Meanwhile, fellow councillor Victoria Trow feared the group could become 'super-spreaders': "What I love about wearing a mask is that it's not something we do for ourselves, it's not great protection against the virus, it's something we do for those around us… The mask is a symbol of care, not of oppression," she said, in an effusive show of virtue signalling and backwards thinking.

A spokesman for Devon County Council's Public Health Team said: "Local agencies who are working hard together to support and protect the public from covid-19 are aware of this deeply troubling and highly unhelpful national publication which is being distributed locally.

"It is unbelievable that some still think that the pandemic is not real, that people have not tragically died, that care and health services are not working flat out to cope, and wish to peddle wild conspiracy theories regarding the vaccine."

Dr. Hopwood worked very closely with local police sergeant Rob Wilson who said the issue went all the way to the Cabinet Office. The sergeant warned the group that "any further leaflet/ literature door-to-door drops may render you or your volunteers liable to fines or prosecution." He cited government directions restricting political campaigning during the lockdown.

Sgt Wilson added: "I can imagine that you might say that your literature drops are not political, however it is my belief that any message or literature that questions government decision making, mainstream media reporting or provides counter-argument to generally accepted scientific advice would be considered political by a reasonable person."

Media influencer Dr Emily Grossman - who describes herself as a scientist and climate activist and divides her time between London and Totnes – took to the town's online community magazine to hit out at their 'agenda of lies' which she said could be 'literally life threatening'.

But unbowed, the activists are determined to continue. The ongoing support groups and truth information distribution are very much an active part of that response which continues to receive growing support.

Dr Hopwood said: "The groups need to be properly organised with a website, a membership and the organisers need to carry out a risk assessment so that you comply with Government protocols, like hand sanitiser at the entrance, face masks for those who need them and social distancing."

The Totnes activists have called their group PASS, which stands for Psychological Abuse Survivors' Support.

Dr Hopwood added: "We are victims of abuse, but we have all survived, and yet at the same time, we are all still very much in need of the support of others with like minds. We have been extremely traumatised by what has happened and we need each other to heal."

"We had lots of people saying thank you, and saying how they really appreciate this sort of information being distributed," Dr Hopwood said. "Of course, these sorts of people don't ring up the police to say so!"

*Photo: Moordoor Media*

# 'Controversial' Moves To Restore Free Speech And British Heritage

by **DARREN SMITH**

**Gavin Williamson, the UK's secretary of education, announced the government's intention last month to appoint a free speech champion with powers to defend academic freedom and freedom of speech on college campuses, and to fine universities who fire or demote people because of their political beliefs.**

Meanwhile Oliver Dowden, the secretary of culture, will instruct some of the UK's largest heritage groups and charities in an upcoming conference to defend British culture and history "from the noisy minority of activists constantly trying to do Britain down."

Sir John Hayes, chairman of the Common Sense Group, said he was glad to see the initiative of Williamson and Dowden:

"It is absolutely right that the government steps in to defend free speech. Without the ability to speak freely soon we will not have the ability to think freely," he said. "Protecting and promoting our heritage is about making people proud, not making them feel guilty about being British."

But defending 'cancel culture' and 'no-platforming' speakers and academics they not only don't want to hear from themselves but also believe no one else should hear, despite the fact they have obviously been invited, radical leftist writers opined: "The Champion is expected to investigate cases of free speech infringement and sit on the board of the Office for Students (OfS) - the higher education regulator for England. In addition, the OfS will be given further powers to fine institutions that implement no platforming against external speakers, or dismiss academics. Under these new guidelines, it would not matter whether or not students democratically decide to refuse to invite a speaker onto campus."

This last sentence is a perfect example of how democracy is being used to usher in totalitarianism in its most modern incarnation - communitarianism: in a reversal of what they actually claim to believe, they confess openly here that no minority opinions are allowed: the sure sign of dictatorship and a one party state.

Among many who have been refused a platform to address students at universities have been Nigel Farage, former Home Secretary Amber Rudd, philosopher Roger Scruton and feminists Julie Bindel and Selina Todd, both of whom have been accused of making 'transphobic' remarks.

In 2019 Cambridge University withdrew an invitation to Canadian academic and clinical psychologist Dr. Jordan Peterson after he was wrongly accused of bigotry.

Orwell wrote 'if liberty means anything at all, it means the right to tell people what they do not want to know' and if an individual's right to choose is not your highest ideal, then perhaps your political philosophy needs re-examining to see if you have in fact become that which you believe you are fighting against.

*Photo: Abi Ismail*

# We're Fighting A Propaganda War

by **DR. VERNON COLEMAN**
MB ChB DSc FRSA

**We are fighting a war.**
**And this is a call to arms.**

On one side are those of us fighting to share the truth, expose the lies of the Great Deceivers, and defend and protect the lives of the frail, the disabled, the very young, the aged and the vulnerable.

On the other side are a few dozen billionaires, a cluster of totalitarian governments, a few hundred crooked advisors and the mainstream media.

Since March 2020, governments and their pseudo-scientists have ignored, denied and suppressed the science. They've replaced evidence with lies and propaganda and they have vilified and demonised truth-tellers as conspiracy theorists.

It has long been clear that the war, our battle for survival, was always going to be won in the media.

Governments everywhere understood that before the war started – that's why they literally bought the mainstream media with huge amounts of advertising money. And why they bought the BBC with promises of an enduring future as a protected state broadcaster.

Like the rest of the mainstream media, the appalling BBC, which has abandoned its charter of neutrality in order to lead a fear and death campaign of unprecedented banality and dishonesty, is controlled and represented by the brainwashed, the bigoted, the bullies and the bought.

If the pseudo-journalists working at the BBC believe the lies they are paid to disseminate then they're simply stupid. If they know they're lying they are malignant.

No interviewer on mainstream media dares interview doctors questioning the lies told by governments and government scientists. The BBC denies the truth with fanatical zeal – offering airtime only to a select and favoured bunch of 100 or so tame rent-a-quote doctors who can be relied upon to stick to the party lies. The silencing of the honest and the refusal to debate – are all part of a covid misinformation plan conceived by evil governments and executed by mainstream media tarts and trollops: pseudo-journalists of easy virtue.

None of this should be a surprise, of course.

Uncomfortable truths have always attracted abuse, ridicule and persecution and those who dare to speak out against the establishment have always been regarded as dangerous heretics. Governments and their hacks have always accused the truth-tellers of their own faults. The iconoclast has never been a welcome figure in any age.

Confucius, the Chinese philosopher, was dismissed by his political masters and his books were burned. Those who didn't burn his books within 30 days were branded and condemned to forced labour.

Socrates was accused of corrupting the youth of Athens, arrested for being an evildoer and 'a person showing curiosity, searching into things under the earth and above the heaven and teaching all this to others'. He was condemned to death.

Dante, the Italian poet, was banished from Florence and condemned to be burnt at the stake if ever captured.

After they had failed to silence him with threats and bribes the authorities excommunicated Spinoza in Amsterdam because he refused to toe the party line, refused to think what other people told him he must think and insisted on maintaining his intellectual independence. He and his work were denounced as 'forged in Hell'.

Aureolus Philippus Theophrastus Bombastus von Hohenheim (known to his chums as Paracelsus) made himself enemies all over Europe because he tried to revolutionise medicine in the sixteenth century. Paracelsus was the greatest influence on medical thinking since Hippocrates but the establishment regarded him as a trouble-maker.

Ignaz Semmelweiss, the Austrian obstetrician who recognised that puerperal fever was caused by doctors' dirty habits was ostracised by the medical profession for daring to criticise practical procedures.

Dr John Snow fought two huge battles. He introduced anaesthesia for women in confinement, and by removing the handle from the Broad Street pump in Soho he helped prevent the spread of cholera in London. Both battles brought him enemies.

These are among my personal heroes. Original thinkers and people who do not fit neatly into the scheme of things have never gone down well.

So, those of us fighting the war against our oppressors are in good company.

At first, we had a voice, not in the mainstream media, of course, but we had a modest voice on the internet and we were able to share truths fairly freely.

That changed quickly, as governments leant on the major platforms, and doctors and journalists were banned and threatened for daring to share the truth.

There's been very little free speech on the major platforms for a long, long time. As far as Facebook and YouTube are concerned, censorship is their new normal. Wikipedia editors routinely conspire to defame and distort in favour of the Gatesian corruptibles. (You can see my revealing video about Wikipedia on BrandNewTube.)

It was HL Mencken who wrote that the relationship of a journalist to a politician should be that of a dog to a lamppost. Thinking there must be no criticism of the establishment is not only unpatriotic and servile but morally treasonable.

I've been banned many times over the years. I have, for example, been completely banned in China ever since I wrote a column on vaccination for a large Chinese newspaper. The government took such great offence that all my books, a number of which were bestsellers in China, were completely banned. Now such bullying is commonplace in Europe and America.

Today, the most egregious example of scientific censorship can be found at the BBC where its official policy is not to allow any discussion or debate about vaccination.

This is an extraordinary state of affairs for a national broadcaster which is supposed to inform and educate its viewers and listeners and to provide a fair and accurate account of the news; it means that those who obtain all or most of their information from the BBC are never fully informed about a topic which is, almost certainly, the most important health issue of our times.

To use a sporting metaphor it's as though the BBC were to report on a football match between Manchester United and Liverpool but to tell its viewers and listeners only what the Liverpool players were doing and to count only the goals scored by Liverpool.

The result, of course, is propaganda.

Citizens won't get information from the BBC which steadfastly denies the evidence and follows the official Gatesian line that the covid-19 jabs are effective and safe when the science clearly shows that they are neither.

The BBC's ignorance and failure to understand research or science are blatant and embarrassing. Their attempts to fact check expert claims are so poor that I fear that an infant school teacher would be embarrassed if her pupils produced such shoddy work as part of a science project.

The BBC doesn't have much of a reputation these days but there are, sadly, some who still believe what they hear or see or read from the BBC. And the lives of those people are in danger as a result of this grotesque parody of journalism.

It is up to us to shout 'stop' when we have had enough of the wickedness around us. We all have a voice we can use and we all have a duty to make sure that our voice is heard. If we remain silent then we are just a part of the evil which is corrupting and destroying our world.

We have to ignore the sad individuals who scoff or mock – either because they have been bought with a purse of silver or because they are too unintelligent to understand the nature of the war we are fighting. We must spread the truth by talking, writing and sharing it with everyone we know.

We must not allow ourselves to be put off by scorn, derision, undisguised contempt or a lack of support or encouragement from others. Health care workers have to be brave, defy the bullying, the humiliations and the lies. They must speak out to defend their patients against widespread criminal activity in hospitals and care homes.

Look through history and we can all see that imaginative, thoughtful and creative individuals have always had a hard time. Look back and you will find countless examples of citizens who were harassed or persecuted simply because they dared to think for themselves – and tried to share their thoughts with others.

Our world has never welcomed the original, the challenging, the inspirational or the passionate and has always preferred the characterless to the thought provoking.

Today, as always, we share a responsibility to make our world a better place, to share the truth, to defend one another against the bullies, to fight the media lie-spreaders, to promote those platforms which are devoted to honest reporting and to use the truth to help protect our fellow citizens. This is a propaganda war and it is a war we can win.

Direct family, friends and strangers to websites you trust, promote and distribute `The Light', print out leaflets and distribute them. If you don't annoy a few spiritually blinded people then I'm afraid you're not doing enough.

We are fighting for our freedom and our humanity. There has never been a nobler, more worthwhile cause.

And remember: you are not alone. More and more people are waking up to the truth, and once they awaken they will be with us permanently.

*Copyright Vernon Coleman February 19th 2021.*

www.vernoncoleman.com

# Flu Finally Eradicated... By Covid-19?

by
**DAILY EXPOSE.CO.UK**

**In March 2020 the order was given 'to stay at home' as the government and their circle of scientific advisors needed 'three weeks to flatten the curve.'**

**A year later and the United Kingdom is still under a 'stay at home' order and has been told over 100,000 people have now died from covid-19. 'Stay at home > Protect the NHS > Save lives' has been the mantra of the UK government and millions of their docile followers for the past year.**

But what would you do if you found out you had given up a year of your life due to a big fat lie? What would you do if you found out you've been staying at home to protect an NHS that has been at an all time low capacity compared to the last five years? What would you do if you found out there haven't actually been 100,000 deaths due to covid-19 but instead a campaign of fear that has manipulated data to trick you into thinking there have been thousands of covid deaths per day?

The graph here is a heat map showing deaths within 28 days of a positive test for SARS-CoV-2 by date of death and age of the person. This data can be seen at the government's coronavirus dashboard. What's pretty clear from this data is that the most alleged covid deaths have occurred in people aged 90+. The next age group with the most deaths being 85–89, then 80–84 and so on and so on. There's a general decrease in the number of deaths up to about the 65-69 age group but then we see a dramatic fall to pretty much zero in anyone aged under about the age of 60.

Now lockdown fanatics will argue that 60 years old is too young to die. And they're right it is. But this heat map shows that there have generally been no more than 9 deaths in a single day of anyone aged between 60–64. In the 65-69 year old group there have been no more than 20 deaths a day. In the 70-74 year old group no more than 27 deaths in a day. In the 75-79 group no more than than 48 deaths in a day, at its highest. It isn't until we get to the 85-89 year old group that we start to see a large increase in the number of alleged covid deaths. 179 deaths in a day at its highest. Then we have the 90+ age group which has seen no more than 379 deaths in a single day at its highest.

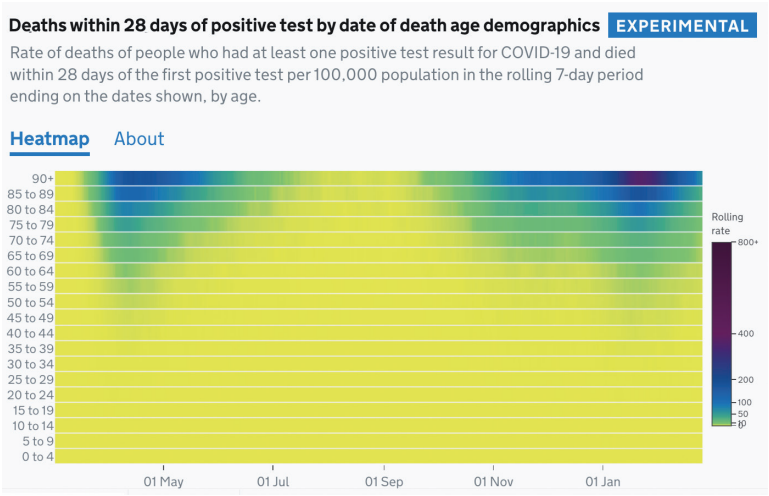



*Chart: GOV.UK*

So what we're seeing here is that is a negligible amount of 'covid' deaths in anyone under the age of 60. But we're really not seeing very many 'covid' deaths in anybody aged between 60 and 80. What we are seeing is a much higher amount of 'covid' deaths in people aged over 85. But what's so strange about that?

The average life expectancy in the UK is 81 years. Yet the UK has enforced dictatorial tyranny, destroyed the economy, decimated businesses and people's livelihoods and created a flood of mental health issues because people who have lived longer than the average life expectancy of 81 are dying. These people have already statistically lived beyond their years. What on earth is the UK government playing at?

| | People 85-89 | People 90 and over |
|---|---|---|
| Period | Number of deaths | Number of deaths |
| December 2020 | 9,823 | 11,549 |
| December 2019 | 8,292 | 10,064 |

*Data: GOV.UK*

The above table shows deaths that occurred in people aged 85-89, and people aged 90 and over in December 2020 and December 2019. There has been an increase of around 1500 in both age groups in December 2020 from December 2019. Now this isn't the astronomical increase you would expect in the year of the 'deadly' pandemic is it? And these are the age groups we have just clarified to you as being the ones with an astronomically higher rate of alleged covid deaths compared to all other age groups. So we'll ask again, what on earth is the UK government playing at?

So far we've clarified that the people allegedly dying from covid are the same people that have statistically lived beyond their life expectancy, but what if they're not actually dying from covid? As you saw in the heat map the data is based on people that have died 'within 28 days' of a positive test for SARS-CoV-2. This means that if the person is to die from anything else but had received the positive test within 28 days of the deaths then it is labelled as a covid death.

Thus if a person dies in a car accident but tested positive for SARS-CoV-2 in the previous 28 days they are added to the covid death statistics. This fact is deeply troubling when we apply it to the fact the majority of people in the covid death statistics are statistically for want of a better phrase 'past their best before date' anyway. It has to be without doubt that people who are generally dying of old age are being added to the death statistics, meaning they are being artificially inflated to justify the enforcement of dictatorial tyranny in the form of lockdowns.

A table taken from official ONS data on our site shows that in December 2020 dementia and alzheimer deaths were down on the December five-year average. Even more interesting than that though is that it shows deaths due to chronic lower respiratory diseases and due to influenza and pneumonia halved in December 2020 compared to the five-year average. This proves that covid deaths are being artificially inflated.

There can be no doubt that influenza cases and deaths are being recorded as covid-19 cases and deaths. According to a report released by the World Health Organisation, influenza is now non-existent throughout the world.

***dailyexpose.co.uk/2021/02/06/protect-nhs-100k-deaths/***

# Join The The Freedom Network

by **KAREN DODD**

**Many of us are quite astounded at the current divide taking place across the world; the mask wearers and the non, those taking part in this human genetic experiment and those who would rather die than take the jab (or the knee for that matter).**

This is not good because as we all know, divide and conquer does not bring peace and stability which is very much what is needed at this pivotal point in humanity's existence. We are entering a new paradigm for the collective and for our consciousness. But as Madonna clearly explained in one of her catchy songs, "not everyone is coming to the future, not everyone that's here is gonna last". She knew. Many 'popstars' and celebrities do. In fact, she tells us quite explicitly to WAKE UP at the end of this ditty, but the masses continue to follow the leader, as corrupt as that leader may be. If you want more messages that are presented to us by the big club, take a look at the London 2012 Olympic Opening Ceremony which forewarned us of what was coming.

Perhaps it's just not their time yet, to think outside the box and although I no longer have discussions with those who continue to follow the rhetoric and ridiculous rules when the lies are in plain sight, I do understand that it's not their fault. The majority have been dumbed down and indoctrinated by so many systems; mainstream news, TV programming, poisoned food, fluoride that poisons, technology and wi-fi, and so on. Unfortunately, I feel that something personal will have to take place to these individuals who still believe they will die if they hug a stranger or even their mum.

From the emails and completed questionnaires we receive, and there are many, it is apparent through The Freedom Network that lots of us are 'waking up' to what we want for our future as the existing system collapses because it is no longer 'sustainable'. Rather than focusing on the problems, we are now concentrating on the solution which is much more exciting. "A great inner revolution in just a single individual will help achieve a change in destiny of a nation and, further, will enable a change in the destiny of all humankind" says Daisaku Ikeda the Buddhist philosopher and peacebuilder.

We currently have over 180 Freedom Hubs, now spreading to New Zealand, Canada, US and South Africa. This was never my intention, it was just a means for people to connect and meet up across the UK, so it is wonderful to be part of this worldwide shift and connectivity as well as to witness what is actually taking place on Earth.

The purpose of the Freedom Network is to allow people from all walks of life, to connect and meet up physically. Humans need humans, we thrive on contact and community. Seeing posters at the bus stop saying that 'the virus' thrives on human contact, well, I think they meant to put the word 'love' there instead of virus. And as we all know, love conquers all.

By joining a hub, you will find like-minded folk who will be open-armed when they meet you. If you believe there is a virus but you also feel that the manner in which they have shut down the country is a little extreme, then TFN is a good place for you to find answers. Some of us are very passionate, because we have been down many rabbit holes for many years, but some of us are just taking a peek, to see what's actually down there. If you're on the fence, then hop off into our field and learn the truth of what is actually happening. It's very positive and exciting.

Hub co-ordinators are sometimes wary of meeting new people in case they are 'infiltrators'. But I say, so what if they are. Perhaps they will learn from us and realise that they too want to live a life of sovereignty, fun and freedom and to be loved unconditionally rather than judged and controlled, as one authentic and great 'popstar' said - "You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one". I wonder why he was despatched.

If you truly value your freedom and would like your offspring to benefit from the joys of living freely, then I suggest you join us as we expand our community across the nations to build an exciting future, without fear.

***www.thefreedomnetwork.co.uk***
***Join us now.***
***What are you waiting for?***

# Key Nutrients & Supplements: FUNCTIONS & FOOD SOURCES

| WHAT IT DOES | WHAT IT IS | WHERE TO FIND IT |
|---|---|---|
| *Absorbs and removes impurities. Alleviates gas and bloating.* ***Useful for elimination of gastro-intestinal toxins*** | ACTIVATED CHARCOAL | Can be used as a toothpaste and a face mask |
| *Building blocks for protein production. These include:* ***histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine*** | AMINO ACIDS | bananas, turkey, quinoa, eggs, cottage cheese, mushrooms, legumes and beans |
| *Assists the body in converting food into energy.* ***Helps to keep skin, eyes, hair, liver and nervous system healthy*** | BIOTIN (V-B7) | egg yolk, organ meats, nuts, wholegrains, bananas, cauliflower and mushrooms |
| *Essential for regulation of calcium and magnesium, and therefore* ***bones, teeth, cartilage repair, etc*** | BORON (BORAX) | dried fruits, nuts and red wine! |
| *Builds strong bones and helps to regulate your heartbeat.* ***Circulates blood and releases hormones*** | CALCIUM | leafy greens, sardines/pilchards, tofu, kefir, almonds, blackstrap molasses and sea vegetables |
| *Improves cognitive function and metabolism. Useful in pregnancy as it* ***supports brain development and DNA synthesis*** | CHOLINE | lecithin, eggs, liver, cod, salmon, cauliflower and broccoli |
| *Enhances Insulin function and influences carbohydrate, protein and fat metabolism.* ***Can lower cholesterol*** | CHROMIUM | oily fish, liver, corn, beetroot, broccoli, green beans and peaches |
| *Combats fatigue, weakness and memory loss.* ***Maintains a healthy central nervous system*** | COBALAMIN (V-B12) | shellfish, liver, eggs, beef. VEGAN: nori seaweed, shiitake mushrooms and nutritional yeast |
| *Helps to generate energy in cells.* ***It is good for the brain, heart and lungs*** | CO-ENZYME Q10 | sesame seeds and pistachios, lentils, spinach, cauliflower, broccoli, strawberries, oranges, muscle and organ meats and fatty fish |
| *Useful in pregnancy and for anaemia prevention.* ***It is needed to make red and white blood cells in bone marrow*** | FOLATE (V-B9) | watermelon, spinach, asparagus, beetroot, citrus fruits, wheatgerm and avocado |
| *Prevents hypothyroidism.* ***Supports healthy metabolism and hormone production*** | IODINE | Himalayan pink salt, sea vegetables, strawberries, cranberries, raw, organic cheese yoghurt and eggs |
| *Important for making haemoglobin, a protein contained in red blood cells, which transports oxygen around the body.* ***Maintains a healthy immune system and helps vitamin C absorption*** | IRON | dark chocolate, seeds, lentils, kidney beans, tofu, beef liver and oysters |
| *For the regulation of muscle contractions, blood pressure, blood sugar balance and mood disorders.* ***Strengthens bones, improves sleep and helps with nerve conduction*** ***The most bio-available forms are: citrate, lactate and chloride*** | MAGNESIUM | seeds, nuts, leafy green vegetables and dark chocolate |
| *Supports digestive system and cognitive function.* ***Good for boosting vitamin absorption, healthy bones and regulating sugar levels*** | MANGANESE | chickpeas, spelt, brown rice, pineapple, raspberries, cashew nuts and brewed tea |
| *Reduces risk of heart disease, improves mental health,* ***regulates digestion and alleviates symptoms of arthritis*** | NIACIN (V-B3) | chicken breast, anchovies, maitake mushrooms, peas, avocado, lamb, mackerel and lean sirloin steak |
| *SUPPLEMENT WITH VITAMIN D3 Improves heart health and slows brain degeneration.* ***Reduces inflammation and lowers blood pressure*** | OMEGA 3 | Flax, hemp and chia oils, walnuts, |

## POLYPHENOLS

*These are plant compounds that improve digestion and brain health and protect against heart disease. Polyphenols have anti-oxidant properties and* ***can potentially reverse free radical damage***

leafy greens and krill oil

woody herbs and spices, cocoa, berries, cherries and grapes

## POTASSIUM

*Good for the nervous and circulatory systems;* ***reduces risk of stroke and osteoporosis***

acorn squash, artichoke, banana, salmon, cantaloupe melon, sweet potato and broccoli

## SELENIUM

*An essential trace mineral that is mainly derived from soil, water and plant materials. It is important for cell function and maintaining overall health and wellness.* ***Selenium enhances fertility and improves mood and mental health***

brazil nuts, salmon, sardines, cottage cheese, sunflower seeds, oats, eggs and mushrooms

## SPIRULINA

*Blue-green algae with a high protein and vitamin content. Anti-oxidant and anti-inflammatory properties. High in calcium, magnesium and potassium. Boosts metabolism and reduces allergy symptoms.* ***Can counteract heavy metal toxicity***

## ZEOLITE

*Complex mineral which forms from volcanic lava and water. Good for mopping up toxins; antioxidant,supports gut health, protects the brain and liver and keeps skin clear and healthy.* ***Deodorising and purifying properties***

Mineral supplement

## ZINC

*Boosts immunity and keeps the common cold at bay. Increases alertness, boosts mood and aids healing processes in the brain and body.* ***It is important for healthy cell division and fights free radical damage***

spinach, kidney beans, seeds, oysters, garlic, egg yolks, turkey, dark chocolate and brown rice

## VITAMIN A

*Also known as retinol and beta-carotene,helps your body to fight infection and inflammation.* ***Important for eye and skin health***

carrots, sweet potatoes, squashes, peppers, spinach, kale and tomatoes

## VITAMIN C

***Difficult to get sufficient amounts with food alone. You should supplement with the liposomal variety.*** ***Vital for collagen synthesis, connective tissue, bones, teeth and small blood vessels***

Acerola cherries, rosehips, chilli peppers, blackcurrants, parsley, kale, kiwi, lemons and grapefruits

## VITAMIN D

*The body produces this vitamin when exposed to sunlight, but with people using sunscreen and the dreary UK weather, it's difficult for us to make enough.* ***Essential for calcium and phosphate regulation and a healthy immune system***

oily fish, egg yolks and cremini mushrooms. ***Supplement with vitamin D3***

## VITAMIN E

*Boosts immune system and maintains healthy eyes and skin; slows the ageing process and protects cells from oxidative stress.* ***Can help to ease pre-menstrual symptoms and improve small blood vessel function***

olives, almonds, papaya, sesame seeds, parsley, trout, hazelnuts and kiwi

## VITAMINS K1 & K2

*K1 is useful for blood clotting and is given to babies at birth.* ***It aids healthy development of bones and teeth***

K1- leafy greens and cruciferous vegetables

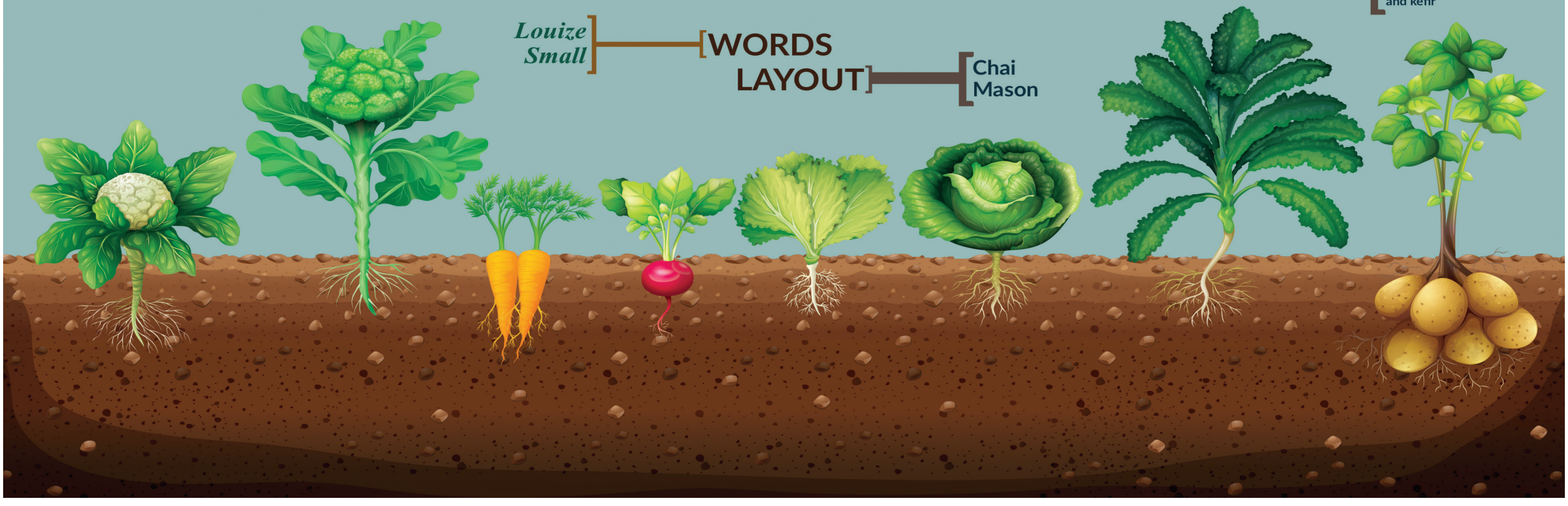
*K2* ***helps to prevent bone fractures*** *and can be helpful in later life*

K2- fermented foods such as Jarlsberg and Gouda cheese, sour cream, salami, ghee, sauerkraut and kefir

*Louize Small*

WORDS LAYOUT

Chai Mason



# On The Rock: Pfizer Shot Deaths Controversy In Gibraltar

by **NIALL McCRAE**

**In an air of excitement, sat-nav images showed the progress of an RAF Hercules aircraft across the Bay of Biscay. The cargo was the first batch of Pfizer's covid-19 vaccine, approved for use by the UK Medicines & Healthcare Products Regulatory Authority (MHRA). The British dominion of Gibraltar, with a population of 33,000 was projected to be the first European state to achieve full vaccination.**

As soon as the vaccine arrived in Gibraltar on 10th January, administration began in earnest on the priority groups of the elderly and healthcare staff. Within a fortnight, over a third of the population had received the first of two jabs.

After a lull in the summer, covid-19 had resurged in the autumn and by the end of 2020 it was again rife across Europe. Gibraltar had a relatively low incidence and mortality, with merely 9 deaths in December, but cases and hospitalisations increased around the Christmas period.

At the end of January, much was made of the UK passing 100,000 deaths, the first nation in Europe to do so. However, less coverage was given to the simultaneous occurrence of Gibraltar's becoming the worst place in the world for covid-19 mortality, per head. Over two thousand per million had died – considerably more than in Belgium.

The timing caused controversy, as the spate of deaths arose after the vaccination programme began. With 53 deaths in ten days, the authorities and supportive media blasted any social media messages attributing the fatal pattern to the Pfizer jab. In an angry defence, chief minister Fabian Picardo decried such assertions as 'an unadulterated lie'. According to Picardo, none of those who had died had received the vaccine, because they already had covid-19 symptoms. Indeed, many of those who perished would have been seriously ill by the time that vaccination started.

Nonetheless, the death toll has

*Photo: Michal Mrozek*

continued to rise, reaching 79 by 3rd February (2345 per million). Eventually the authorities admitted that six of the dead had been vaccinated, but this figure is likely to be higher now, as almost all of the elderly received their first dose of the Pfizer vaccine in January. So, there is at least a correlation between vaccine and death. Could it be causal?

In the UK, concerns have been raised about a sudden post-vaccination rise in deaths in care homes; for example, in Pemberley House in Basingstoke, 24 died in January – over a third of residents. June Raine, chief of the MHRA, said that there is no evidence that the vaccine is dangerous, suggesting that deaths are due to people unknowingly having the disease:

"It is possible to have caught covid-19 and not realise you have the symptoms until after your vaccination appointment".

This was badly worded: surely someone would know if they had symptoms? But Raine did not discount infection after the vaccine was given, stating that 'a week or two' was needed to build up immunity after the first jab. She corroborated, therefore, the belief of immunologists and other medical experts that vulnerability is raised during the time between initial and second doses, due to lymphocyte depletion. An infection in this period could thus be more deadly.

But this would only be part of the explanation. Why would older people staying indoors, or living in a care home without prior incidence of covid-19, catch the disease? Perhaps the vaccinators are unwitting transmitters. This is not too far-fetched: the virus has reached endemic level in Gibraltar, and the risk of infection by this route is not negligible.

This brings Robert K Merton's Law of Unintended Consequences to mind. Are hitherto shielded senior citizens being exposed to risk, by receiving a preliminary vaccine that potentially increases vulnerability, and then infected by the very people who are trying to protect them?

A critic might argue that a few dozen deaths do not amount to much when the death toll from covid worldwide is supposedly over two million. Such adverse events would hardly be noticed in larger countries. But the disproportionately high mortality in the small community of Gibraltar strengthens the argument for urgent enquiry.

At present there is little sign of this being taken seriously. Gibraltarians regard the vaccination programme with pride, and daily progress is reported with a propagandist tone. Like Stalin's tractor production figures, the vaccine is regarded as an achievement regardless of whether it works.

For government ministers and regulators to dismiss legitimate concerns with outright denial is not acceptable. How can they be so sure that those older people who died after vaccination were not cases of iatrogenic harm? The vaccine should not be literally a means to an end.

## Israel Rolls Out Health Passports To Access Leisure

**Under a new 'Green Badge' health passport ID scheme that functions as both a carrot and a stick, the Israeli government is making leisure activities accessible only to people who are fully vaccinated or recovered. Restaurants, event halls and conferences are allowed to operate under those rules. Customers and attendees will have to carry a certificate of vaccination with a QR code.**

The Jerusalem Post reports that the country is expected to further return to routine and to facilitate this, the Health Ministry will roll out its "green passport" program.

A health passport will be required to enter certain places and to participate in certain activities. Only people who have been vaccinated or have recovered from coronavirus will be eligible for one.

Gyms, theatres, hotels, concerts, and synagogues registered under the passport program will be able to operate.

"We are giving a huge line to vaccinators," Health Minister Yuli Edelstein said on Thursday during an extensive briefing. "This is the first step back to an almost normal life."

Edelstein added that soon there will be places of work that will have to require their staff be vaccinated or else undergo a coronavirus test every 48 hours.

The health passport is granted to those who are a week past the second coronavirus vaccination, or to the around 740,000 people recovered from the virus who currently are not eligible for the vaccine.

# 117-Year-Old French Nun Celebrates Birthday Weeks After Contracting Covid

by **PAUL BENNETT**

**Europe's oldest person to have contracted 'covid' has since celebrated her 117th birthday in style. Sister Andre tested positive in her retirement home in the southern French city of Toulon, on the 16th of January this year. Asymptomatic, Sister Andre had to self-isolate from the other residents in the St. Catherine Laboure Nursing Home. "I'm told that I got it, I was very tired but didn't realise I had it" she told French newspaper *Var-Martin*.**

Three weeks after getting ill, Sister Andre was deemed covid-free and allowed to attend mass and daily activities again. The centenarian told French TV that she wasn't scared because she is not afraid of dying. While in isolation, she spent most of her time praying and longing for the days when she could have meals with friends and go on walks in the garden.

Sister Andre, who is blind and uses a wheelchair, was unfazed about contracting covid according to staff in the retirement home. Communications manager David Tavella reported that she wasn't afraid of covid but more worried about her routine being disrupted. He said "she wanted to know if meal or bedtime schedules would change. She showed no fear and was more concerned about the other residents. She is very calm".

Born in Ales 1904, Sister Andre survived the 1918 'Spanish Flu' and two World Wars. At the age of 40 in 1944, she joined the Sisters of Charity to become a nun. Birth name Lucile Randon, she changed her name to Sister Andre in honour of her deceased brother.

Sister Andre who was 116 in January has since jubilantly celebrated her 117th birthday on the 11th of February. Her birthday has lifted morale in the retirement home and has rejuvenated staff and residents. The birthday celebrations kicked off with a special mass in her honour hosted by the Bishop of Toulon. She then enjoyed a well-deserved birthday feast of foie gras for starters, followed by capon fillet with porcini mushrooms, a two-cheese platter and finally Sister Andre's favourite desert, a raspberry and peach flavoured Baked Alaska washed down with a glass or two of red wine. According to staff, the secret to her longevity is a glass of red wine daily.

Governments, health officials, the media, and a fearful general population should take a leaf out of Sister Andre's calm, humble and spiritual approach. When asked by reporters do you have any advice for young people, Sister Andre said the wise words: "To be brave and show compassion. Don't burden others".

A beautiful woman who symbolises hope and humility in a time of constant doom and gloom in our world.

# Big Tech's Policies Will Be Self-Destructive

by **DAVID JAMES**

**Political crusades, censorship and bullying their smaller competitors will drive users away from the internet giants.**

The increasing censorship by the tech monopolies is rightly prompting protests from those who see it as an attack on free speech. What has been less noticed, however, is that the social media companies are adopting one of the strangest, and potentially most self-defeating, business strategies ever devised.

They are telling a large slice of their customer base – possibly as many as 100 million in the US and many more elsewhere – to get lost. It represents a massive opportunity for new players and it seems a near certainty that citizen Donald Trump – who is very much a business person and not so much a politician – will be looking closely at it, as will many others.

It is common for monopolies or oligopolies to treat their customers with disdain, although they usually spend a lot of their marketing budget pretending otherwise. What never happens, though, is for monopolies to tell a large number of their customers to simply go away.

It is the equivalent of JD Rockefeller, owner of the infamous monopoly Standard Oil, refusing to sell petrol to anyone who voted for the Democratic party. What it confirms is that these companies have become political entities rather than mere businesses, a change of direction that will inevitably weaken them.

The social media company most vulnerable is also the most aggressive: Twitter has deplatformed Trump and is removing, at a rapid rate, users it deems to be 'contravening the terms of service' or 'violating community standards', or whatever. The company is valued at $57 billion yet its sales are falling and it only started to make profits in 2018, when it recorded a $191 million profit.

By 2019 it was back in the red and in 2020 it came in with a massive $1.4 billion loss. Although the share price has almost doubled over the last year – as Keynes said, markets can stay irrational longer than you can remain solvent – the vulnerability is unmistakable.

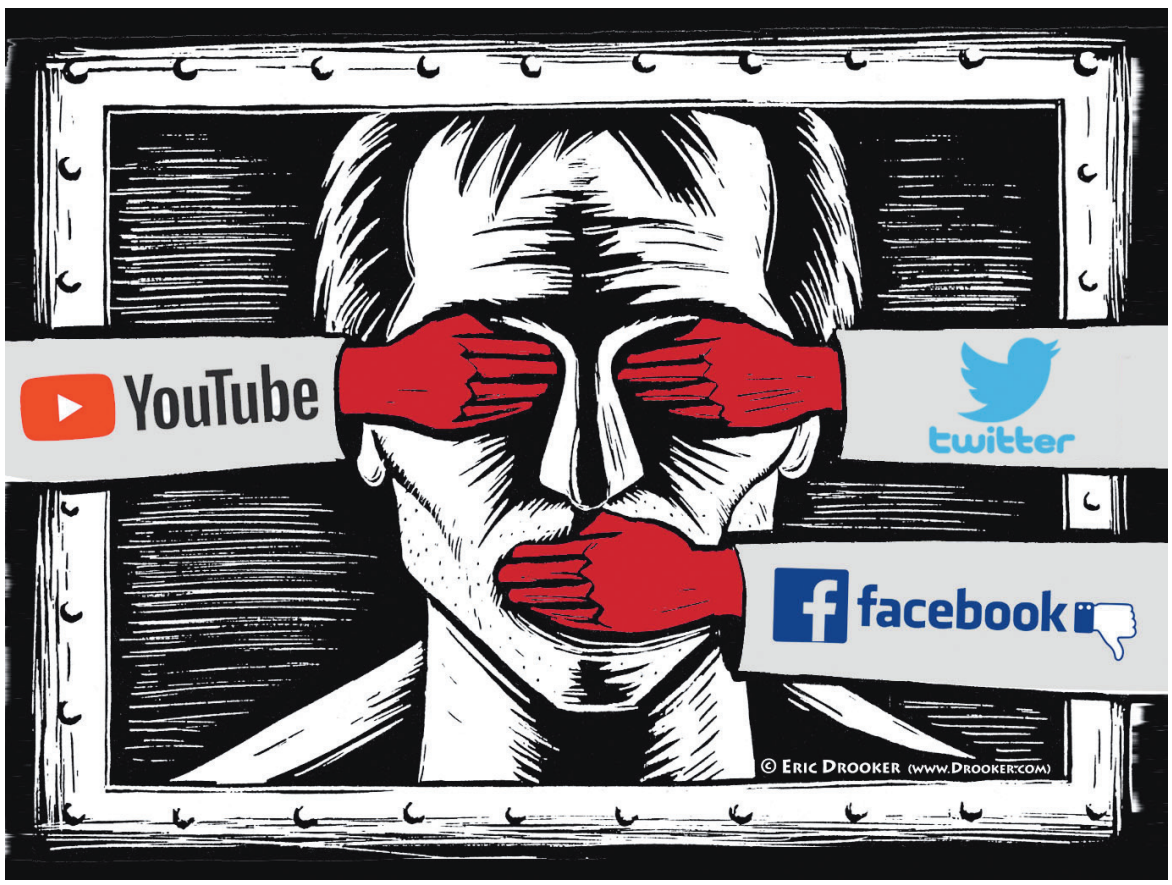
Such counterintuitive share price movement is not entirely without logic. Investors typically attempt to price the future value of a company, not the present. Social media companies get high valuations because investors expect that they will continue to grow: increase their customers, sales and profits. That is far less likely to happen when you tell a large portion of your customers to look elsewhere.

Facebook and Google are far less vulnerable than Twitter but they also have high valuations. The basic metric used to assess shares is the price-earnings ratio (PE). Facebook's PE ratio is 35 and Google's is 30, which are very high for mature companies. Roughly, it means that it will take, respectively, 35 and 30 years to pay back the value of the shares at the current level of profitability.

The only way that makes any sense is for these companies to continue growing, which was already difficult enough. Facebook boasts having over two billion users and Google over four billion (interestingly, the only other industry that calls its customers 'users' are those selling highly addictive hard drugs.) They already saturate the market; there isn't much upside. Achieving growth becomes even harder when you deliberately turn away half of your customers. Indeed, it is a deliberate choice to shrink.

Google's and Facebook's shift in attitude towards customers is an object lesson in what happens when businesses get too big and underlines why effective anti-trust law to break up monopolies and cartels is crucial for economic and social health. On the way up, they were exceptionally innovative; so effective at providing better value to advertisers that they destroyed much of the world's mainstream media industry.

Yet now that they are in a position of power the focus has shifted. They have become increasingly concerned about aligning themselves with politicians and government to get legal protection for their market dominance. When Mark Zuckerberg donated $US400 million to 'help' local election offices in the recent US election, the commercial rationale was unmistakable.




***It is hard to imagine that the potential market pull associated with providing an alternative to what amounts to an attack on democracy will not be exploited commercially***

To date, new competitors have been relatively small and, some, such as Parler and Telegram, are being openly attacked with blatant anti-competitive tactics by what is surely one of the worst cartels ever. Aggressively doing whatever is required to take out the competition is, of course, another typical behaviour of monopolies.

That is where Trump, and those associated with him, may prove to be significant. The biggest barrier to entry in the digital media space tends not to be the technology but the marketing. That is what Facebook and Google at one time excelled at; it was key to their success. Marketing is labour intensive and costly, which makes it difficult for would-be competitors to gain traction.

If there was an enterprise associated with Trump, however, marketing costs would be far lower. He already appeals to tens of millions of supporters who are being told they are not wanted by the technocracy. He represents so-called 'populism', which is to say he is very popular.

That is what powerful political and corporate elites, and social media companies – 'GloboCap' – find intolerable and are attacking in what is being accurately described as an American coup.

It is hard to imagine that the potential market pull associated with providing an alternative to what amounts to an attack on democracy will not be exploited commercially.

This is not to suggest that the social media giants will go out of business, although Twitter may get into real trouble. But it is worth noting that very few companies, even giant monopolies, last longer than 20 years. Many get acquired, which invariably works out badly (an example being AT&T's acquisition of Time Warner, which will probably result in CNN being sold).

The most common reason businesses fail is that, when faced with new competitive threats, they are unable to innovate because they have become habituated into repeating what made them successful in the past.

That is exactly how Google and Facebook succeeded. When they offered advertisers a more cost-effective option than just space on a page, or a time slot in a program, almost no newspaper or television company was able to respond with a new way of providing value for their advertising customers. They simply went into a tail spin.

The tech giants seem unassailable now; Google and Facebook are two of the most valuable companies in the world. But no colossal company is entirely invulnerable (ask General Electric,) and what the social media giants are doing to their customers is, from a business perspective, extremely unusual.

They are no longer just offering users the opportunity to "stay connected with friends and family, to discover what's going on in the world, and to share and express what matters to them," to quote Facebook's 'vision statement.' They are telling them what they can, and cannot, say. They are actually trying to shape what they think.

It seems a near certainty that well-capitalised business interests will be noticing this – and preparing to eat their lunch. That could significantly affect what at the moment is looking like a descent into an information dictatorship.

***David James has been a business and finance journalist, editor, and satirical columnist for over 30 years. He has a PhD in English Literature and his web site is bardbitesback.com***

# Exposing BBC Aerotoxic Poisoning Cover-Up

by **JOHN HOYTE**

**Aerotoxic Syndrome causes both short term and chronic, mainly neurological ill health effects in around a third of the population, known more commonly as 'Jet Lag'; whilst for 4% it can be fatal.**

**I was made seriously ill from 1990-2005 whilst flying the BAe 146 and was lucky to work the poisoning out in early 2006.**
**A London conference on 20th & 21st April 2005, which was sponsored by my Union Balpa (British Airline Pilot Association) had concluded after professional international evidence that there was an absolutely known, serious chronic ill health problem for ALL flyers after the illness of Aerotoxic Syndrome had first been confirmed back in 1999.**

At the 2017 Cabin Air conference, where UK airline Easyjet pledged to fit filters and detectors - QC Michael Rawlinson publicly described "Aerotoxicity being at a tipping point…"

One might expect those responsible for public health and causing the poisoning to be part of these conferences – but such is the level of denial of any evidence that they do not even acknowledge invitations, let alone accept them or take any active part as again, it would be logged as acknowledging positive evidence and ultimately – financial liability.

So, the challenge now is to find a way of getting the BBC to cover their own cover-up so that the public have the choice of understanding a few fundamental facts about this cause of public ill health that is known by many.

But it is not just the BBC who are at fault, as most of the mainstream media are also in on the cover-up – including Private Eye, once leaders in investigative journalism - now puppets of the government - the worst of hypocrites after Paul Foot first flagged the health scandal up 20 years ago.

The politicians do not come out of the cover-up at all well either, as they pander to the lies of industry - more worried about their free travel than the health and wellbeing of their constituents.

I and the Aerotoxic Association Ltd. Charity were excellently represented by my Conservative MP John Maples from 2006-2010, but when he left office, the Tory party gained power and immediately reversed all their previous calls for a Public Inquiry and disgracefully led the Aerotoxic cover-up of the past 10 years.

But the real surprise for me was when I moved to Labour MP Clive Lewis' Norwich South constituency in 2013. Clive is also a Unite MP, and he has been by far the worst politician even refusing to acknowledge any polite formal correspondence for seven years – including the recent US landmark Court win of 2020, but then again, he was formerly a BBC journalist.

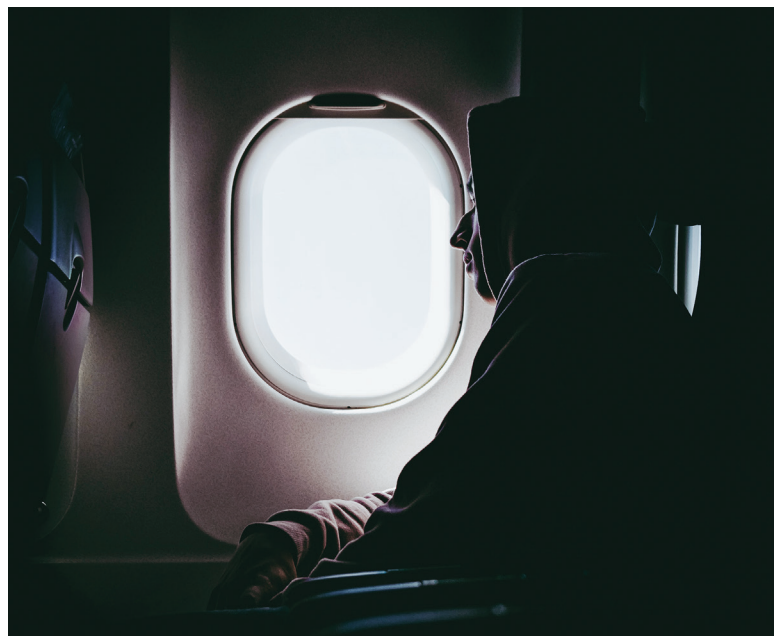


*Photo: Kevin Maillefer*

The office of HM the Queen replied sensitively in 2016, but why not any acknowledgement at all from a well-paid MP, who is supposed to be a public servant?

The BBC have covered the issue of Toxic Cabin air in the distant past – on 1st February 2007 a UK family of five including young children and around 40 other passengers were all seriously poisoned on a single transatlantic flight and BBC Panorama made a 'balanced' programme about the poisoning on 21st April 2008 which can still be seen, and reported on how a US lawyer was going to run their cases, which led to a 'great victory' in 2010, but the passengers got zero compensation and the BBC deliberately failed to report any further.

One of the elderly British passengers remarked in the BBC programme: "I felt as if I was going to die...the only way you're going to get anywhere is to take it through the Courts".

There will be a FREE ZOOM 16th annual Cabin Air Conference, mainly for those responsible for public health, about the covered-up public health scandal of Aerotoxic Poisoning from 15th–18th March 2021.

But due to the shocking inconvenience of the positive evidence – a separate FREE ZOOM Aerotoxic Poisoning Workshop for the survivors will be held on 14th March before the conference and after the main conference on 19th March.

Please do attend these last ever FREE Cabin Air annual Conference and Aerotoxic Poisoning Workshops, as the future will be in the international public Courts.

All BBC cover-ups are eventually exposed – one day.

John Hoyte, Chairman Aerotoxic Association Ltd.Charity (2007), Former BAe 146 Training Captain.

***www.aerotoxic.org***

# Concerns About Mental Health Being Brushed Aside

by **LORELEI PAGE**

**Munchausen's syndrome[1] is defined by the NHS as a mental health condition whereby someone replicates an illness within themselves that they are not actually experiencing. On 20th December 2020 Matt Hancock[2] released a tweet, encouraging the public to behave as if they have coronavirus. It was a curious suggestion by the Secretary of State for Health and Social Care. On the one hand, it could be ascertained that he was merely instructing people to take precautions to prevent transmission. However, encouraging members of the public to fictitiously mimic symptoms of such a condition could be seen as reckless. According to Ray, Sharma, Sadasivam (2020)[3], little is known or has been investigated regarding the effects of covid-19 and Munchausen's syndrome on each other.**

In spite of this, media outlets have been used to maintain a zealous campaign calling for compliance to restrictions. [4]

Voices which dissent from the official narrative and express concern about disruptions to mental and physical healthcare services due to covid-19 are marginalised, regardless of their academic merit (Prasad & Flier, 2020). [5]

Similarly, legitimate worries about the emergency covid-19 legislation side-stepping parliamentary due-process and blurring the lines between regulations and the law also appear to have been brushed off (Hickman, 2020). [6]

This has undoubtedly put a strain on the mental health of the public by increasing anxiety (Webb, 2020). [7]

Even more alarmingly, Henry, Parthiban & Farroha (2020) [8] found a significant increase in the number of overdoses between March and May 2020 compared to the same period during the previous year. This is in spite of an overall reduction in hospital admissions following lockdown (Thornton, 2020). [9]

With almost one in ten turning to antidepressants during lockdown, it may be prudent to continually ask whether the measures imposed by the government have done more harm than good to the mental health of the general public. [10]

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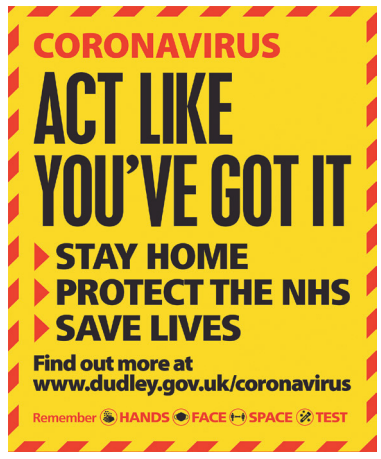

# Life On An Orthomolecular Farm

**On an orthomolecular farm, one that uses no agricultural chemicals, and no pharmaceutical products with animals or farmers, we have a different perspective on viruses, and thus our response to the covid-19 situation may be counter to what is generally propagating in the mainstream.**

by **THEO FARMER**

In 1979, Irwin Stone published a paper, a medical hypothesis, entitled Homo Sapiens Ascorbicus, a Biochemically Corrected Robust Human Mutant. Stone had been researching vitamin C and publishing papers on it for decades, and personally was taking lots of vitamin C in an attempt to match the levels he knew that animals make in their bodies continuously.

He and his wife had been in a head-on collision years earlier where he had broken most of his bones. Both had been taking many grams of vitamin C daily, and, to the surprise of medics that arrived on the scene, neither were in shock when the ambulance arrived. He was told that he would never walk again, but he was fully recovered and walking in 3 months, and he attributed that to his taking 50-60 grams of vitamin C a day while in the hospital. Stone and his wife had both experienced being the robust human mutants that he described in his paper.

What Irwin Stone knew was that a goat our size, when under stress, can produce up to 100 grams per day of vitamin C, converting glucose, blood sugar, to ascorbate. Humans produce none, but we have the same mammalian cells as a goat and the same need for ascorbate, according to Stone. Stone called ascorbate "the healing factor" and he and other vitamin C researchers felt that calling ascorbate a "vitamin" did not adequately describe its necessity in helping humans prevent and heal from disease and injury.

Double Nobel Laureate, Linus Pauling, coined the term "orthomolecular" in 1968 in an article he published in the journal Science which was titled "Orthomolecular Psychiatry." In 1970, he wrote the bestselling book 'Vitamin C and the Common Cold'. In it is a chapter where he criticizes the pharmaceutical industry of the time for selling toxic chemicals as cold remedies when all humanity needed to know was to take high levels of ascorbate to neutralise viral infections.

Also in the 1970s, Pauling's colleague at Stanford, Dr. Robert Cathcart treated thousands of people for various diseases in his private practice using only oral ascorbic acid. His research showed us that any viral infection could be addressed by raising the ascorbate level in the body high enough. So viruses, even viral pneumonia, handled by people who are "skilled at taking vitamin C" as Cathcart put it, were a non-issue. Essentially Cathcart showed that, to the robust human mutant called Homo Sapiens Ascorbicus, viruses are a non-issue.

Also by the 1970's, the pharmaceutical industry apparently had been granted controlling influence by the mass media and governments of the world, and had a huge influence on the information distributed through our educational systems. They had essentially programmed humanity into building a dependency on their industry and products. They took control of both sides of every argument, arguing that vitamin C was important for every human, and that everyone needed to take vitamin C daily only in MILLIGRAM quantities, and they propagated rumours about the dangers of overdosing vitamin C. Mainstream medicine marginalised the information that Pauling was trying to get out, shoved his message off into a hidden corner, and those of us who grew up in the 60's and 70's simply weren't trained to understand vitamin C and our human need for it. Today, the mainstream is still trapped in a model that was essentially obsoleted by Pauling and his orthomolecular colleagues in the 1970's. This industrial medicine model leads us astray from optimal health for ourselves and our children, even though it claims to offer 'advanced' solutions.

Fortunately, Pauling's Orthomolecular medicine continued to develop over the decades, in the background, and it continues to evolve today, healing people using only proper doses of nutrients. Today, orthomolecular medicine, with only nutrients in its tool chest, is a serious competitor to the dominant pharmaceutical medicine model. Many orthomolecular treatments are effective at relieving disease in a few hours or even minutes, as in the case of using vitamin C in a nebulizer for lung issues like asthma. And it's very easy for any human to prove that taking a few grams of vitamin C every 15 or 30 minutes during a day can shut down a virus, any virus, even a "novel" virus.

Somewhat battered by the dominant "health care" paradigm, my wife, Kira, and I started livestock farming with a commitment to living in a new paradigm: being pharmaceutical and chemical free in all of our living and farming methods. We had knowledge and experience using vitamin C when we started this 160-acre farm. We had already used it for things like shutting down viral pneumonia and eliminating Kira's dependency on epi-pens when she got stung by a wasp, and we used it to help a horse heal a broken hip bone. I had personally shut down many colds and other viruses in a day or two and was discovering how I could prevent sunburn and other radiation damage using Vitamins C and E. We kept my handicapped son Cameron going for years beyond his life expectancy by high dosing him with vitamin C when he had respiratory issues. We already had one grandchild, Helios, who was a vitamin C baby, and since then, we've welcomed more vitamin C baby grandchildren.

Each of these cascading experiences are powerful revelations on our journey to a new paradigm based on truth. Through our personal experiences, and by contrasting our gullibility earlier in life with the dramatic health benefits we realized and observed by high dosing vitamin C, we are becoming . . .

*Photo: Benjamin Davies*

## A New Farmer Species

One cause of "circling disease" in cattle is listeriosis, an infection that inflames the covering of the cow brain, similar to meningitis in humans. In the mainstream veterinary model, this is a fatal disease in cows. A circling cow is about to die without massive antibiotic treatment, and even with that expensive treatment, it's most likely to die. But with an understanding of the biochemistry of ascorbate in animals, this is a simple disease to treat, completely resolvable within hours.

As orthomolecular practitioners with extensive experience dealing with all kinds of animal and human health issues using only high dose nutrients, we are simply not impressed by the mainstream covid-19 misinformation. Since we started this farm, we have been telling people that we are immersed in misinformation: lies about raw milk's being dangerous, lies about food additives being safe, lies and obfuscation about nutrients, lies about vaccines being safe and useful, and, by omission, about the importance and power of a balanced microbiome in the soil, plants, animals, and ourselves.

I think one of the main things we've proven in the years on this farm, and continue to prove daily, is Irwin Stone's hypothesis. On this farm, we strive to match the levels of vitamin C in our bodies that animals produce. In doing so, we have become the robust human mutants that Irwin Stone predicted was possible all the way back in 1979. The reason we don't worry about viruses, even novel viruses, is because they don't affect the animals here and they don't affect the homo sapiens ascorbicus farmers that we have become.

To the robust mutant, I have to say that the world has looked very strange for a long time, way before the covid-19 craze.

Out in the world, back when we were "original-recipe" homo sapiens, we were ignorantly downing food additives like polysorbate-80 (an emulsifier) in processed foods assuming it was safe, when in actuality it was damaging our gut microbiome, and we were injecting the same additive in vaccines to "boost the immunity of our children," when in actuality it was opening up their blood brain barriers to the flow of more toxins.

Now, as transformed mutants, we no longer buy into the logic behind these practices. Homo sapiens ascorbicus aren't affected by, and certainly don't fear, viruses. So using pharmaceutical products to treat disease or alter our immune systems or the immune systems of our animals doesn't make any sense.

As homo sapiens ascorbicus, we choose not to comply with unconstitutional dictates like masks, gloves, and chemical sanitisers to avoid a disease that will never affect us. To our subspecies, those dictates look positively tyrannical. We know how to prevent viral infection using vitamin C, and, fortunately, we also know that high dosing vitamin C will protect us from the carcinogenic 'sanitation' products being sprayed and spread freely now from shopping cart to shopping cart, on plexiglass and pin pads, and airborne in the stores that we must frequent in our quest to recruit and transform new homo sapiens ascorbicus. If you happen to see a maskless farmer in the crowd, you may be looking at one of the new, robust homo sapiens ascorbicus "mutants" that Irwin Stone predicted back in 1979. We are that new orthomolecular 'species.'

One of the founding quotes of our farm is from Buckminster Fuller, who was a brilliant contemporary of Linus Pauling. Fuller said, "You never change things by fighting against the existing reality. To change something, build a new model that makes the old model obsolete."

For the last decade, we have been busy building a new reality, a farm community that homo-sapiens ascorbicus prefer to live in, one that better fits our robust mutant transformation. In observing the happenings of the last year, it seems that the existing reality, which is currently dominated by homo sapiens (original version), is failing and fading away into fear and overdue obsolescence. The new model is ours for the building, and the new model will be occupied by fearless mutants of the species homo sapiens ascorbicus and many others who, in their own way, have transcended the hysteria of the mainstream narrative.

So that's an orthomolecular farmer's response to covid-19. If you haven't already figured out your relationship to ascorbic acid, ascorbate, the healing factor, vitamin C, you might want to. It will change your life. However, be aware that you may become a robust human mutant as well and you may find yourself with a naked face in a crowd of masked homo-sapiens who live in an obsolete reality.

***truthcomestolight.com/covid-19-vs-homo-sapiens-ascorbicus/***

***www.orthomolecular.org***

# The Hidden History Of Fluoride: Truth Decay

by **LOUIZE SMALL**

**We have been indoctrinated to believe that fluoride is good for our teeth and prevents tooth decay, but how true is that claim? It has long been proven that the mineral can cause dental fluorosis, resulting in discoloured and damaged teeth. Not only that, it has a number of effects on the brain and body which are serious cause for concern.**

Fluoride is a by-product of aluminium manufacturing and phosphate mining. The toxic waste product is difficult and costly to dispose of and has no commercial value. Phosphate plants used to release the hazardous vapours into the air via smokestacks but this resulted in the death of cattle and plants on nearby ranches and farms. Instead, mining companies now use 'wet-scrubbers' to capture the emissions, which are labelled as fluoride (though technically hexafluorosilic acid and sodium silicofluoride), sold for profit and offloaded in the world's water supplies.

In the late 19th century, communities in Argentina, Turkey and India developed chronic illnesses due to naturally high levels of fluoride in the water. Many health conditions were identified in these areas, including arthritis, premature ageing, low intellectual ability and infertility. In the 1920s, a scientist by the name of Goldemberg discovered that fluoride caused iodine deficiencies in Argentinian populations; his findings were built upon by a group of researchers (May, Litzka & Gorlitzer von Mundy) who used fluoride to lower iodine levels in patients with overactive thyroid glands. In 1937, fluorotyrosine was produced for the treatment of hyperthyroidism but the dose was difficult to determine and the medicine caused a total loss of thyroid function in some cases. The manufacturer of fluorotyrosine was IG Farben, who made Sarin gas, the nerve agent used in World War 2.

A 1948 study in England looked at three groups of schoolboys with spinal abnormalities. The first two groups contained boys who lived in areas where the water supply was very low in fluoride; the third group was from Launton, where the water naturally contained 1ppm of fluoride. In the first two groups, 20% were found to have mild non-specific spinal irregularities, whereas 64% of the third group had spinal defects with more severe lesions.

According to Dr Eddy Betterman, fluoride is one of the most toxic substances known to man. It is more toxic than lead and slightly less poisonous than arsenic.

Material safety data sheets list sodium fluoride as 'toxic by ingestion, inhalation and skin contact' and recommend usage of safety glasses and gloves when handling. The 1972 Poisons Act listed fluoride as a schedule 2 poison.

Other than poisoning, detrimental effects on the body include: birth defects, osteoarthritis, bone and uterine cancer, perinatal death, immune system suppression, gastro-intestinal disorders, essential enzyme inhibition, lowered IQ (especially in young children) and skeletal fluorosis (brittle bones and teeth).

In the 1990s, Jennifer Luke discovered that fluoride accumulates in extremely high levels in the pineal gland, which has a high volume of blood flow and is responsible for melatonin secretion. Melatonin regulates the circadian rhythm and helps to protect the body from cell damage. Calcified parts of the pineal gland (hydroxyapatite crystals) contain the highest concentration of fluoride in the body (up to 21,000 ppm of fluoride). Another function of the pineal gland is regulating the onset of puberty. A 1956 study (Schlesinger, Newburgh, New York) found that girls drinking fluoridated water reached puberty 5 months earlier on average.

Fluoride can enter the body by brushing your teeth. The effects are cumulative and you can only eliminate half of your intake. The older you get, the more build up there will be. This goes some way in explaining the prevalence of osteoarthritis and brittle bones in later life. 25-50% of fluoride is deposited in the skeleton. Fluorides are mutagenic and can cause uncontrolled proliferation of cells, particularly in the bones. In short, it causes cancer. A report in the New England Journal of Medicine (1955) showed a 400% increase in thyroid cancer in San Francisco in the period their water was fluoridated.

In 1931, American Treasury Secretary, Andrew Mellon, published a purposely-skewed study showing that, at 1ppm, fluoride results in the reduction of tooth decay. Mellon was also the founder of ALCOA Aluminium, one of the main suppliers of sodium fluoride. In 1952, U.S. representative, Dr A. L. Miller, chairman of the Special Committee on Chemicals and Foods, stated: "I sometimes wonder if ALCOA Aluminium and its subsidiaries might not have a deep interest in getting rid of sodium fluoride, a toxic waste product of the aluminium industry. It is interesting to note that the person in charge of public health, Oscar Ewing, is also an attorney for ALCOA".

In the late 1930s, the U.S. Army sought methods to transform American citizens, and others, into zombies by using a number of proposed techniques. They searched for a perfect incapacitating agent to put into the water supply and planned to fluoridate enemy water supplies, knowing it would make them less able to defend themselves and more docile. The Soviets gave concentration camp inmates fluoride to decrease resistance to authority and induce physical deterioration. Several years later, they also added it to the water supply in prisons to increase subservience.

In 1954, C.E. Perkins, an American biochemical engineer for IG Farben, admitted that fluoride was used in the population to reduce resistance to authority. He was sent to Germany by the American government to take charge of the production plants. While there, he was told by the German chemists of a scheme they developed in the war that was used by the Nazis: this was to control the population in any given area through mass medication of drinking water. Regular doses of minute amounts of fluoride will gradually reduce an individual's power to resist domination by slowly poisoning and narcotising a certain area of the brain and will thus make him submissive to the will of those who wish to govern him.

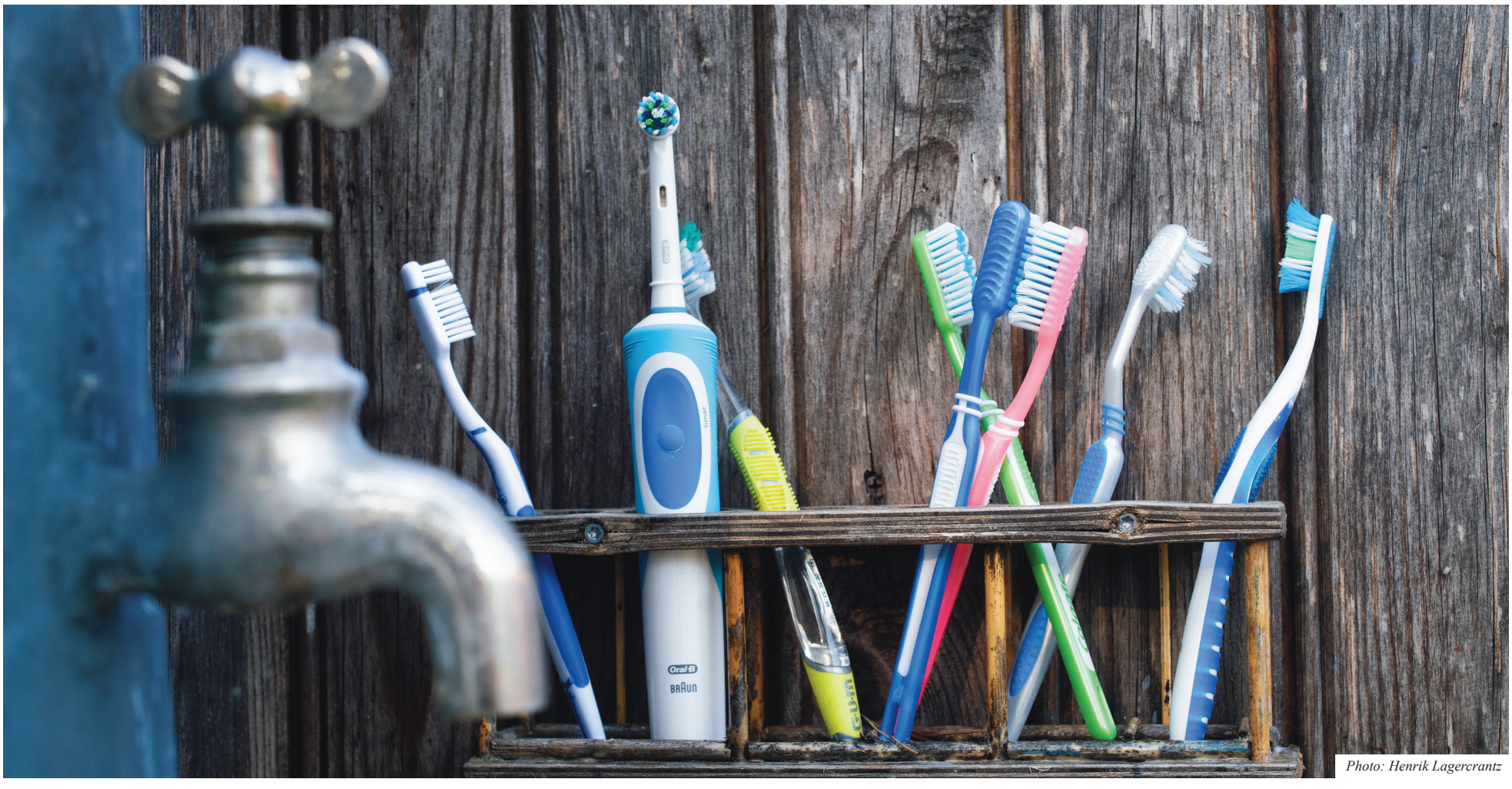


*Photo: Henrik Lagercrantz*

# Showcasing Alternatives - Community, Food Supplies And Working Together

by **VICTORIA AEYN**

**In this time of lockdowns and attempted restrictions, shopping for essentials has become an unpleasant experience for those citizens who have researched the facts and realised compliance enables the Great Reset, an even more compliant future. Once you have become aware of the current situation a logical conclusion may come to mind that we need to be building our own infrastructure and ensuring for ourselves the items we need to survive and to thrive.**

It has also become evident that plans are afoot for 'health passports' to become part of big business entry requirements, and if you are not intending to take the covid shots and bow to the pressure you may need to look elsewhere for your supplies in the future as using the established system becomes more difficult.

Worry not - in true British tradition, there are many dynamic, motivated people out there who have big plans for a counterbalance to the corporatocracy.

Danny Moore, a founder member of Farmacy Co-op, is one such man along with his partner and a new team of volunteers. Based in beautiful Bakewell in the Peak District, Derbyshire, the Farmacy Co-op is a social enterprise which begins with the provision and delivery of boxes of fresh organic fruit and vegetables, with an even wider vision for the future. I spoke with Danny to find out more about the project and its scope.

At present a customer can order a box for delivery which will be delivered by a network of volunteer drivers across a wide geographical area spanning Derbyshire, Sheffield, Nottinghamshire, Greater Manchester (via Buxton, Stockport, Stretford, Radcliffe, Bury & Bolton), Altrincham (Cheshire) & surrounding areas. Danny told me: "As supply chains break down and a food crisis may loom, we're establishing secure local and regional supply chains delivering the community organic fresh food. People can start using Farmacy Co-op or even get involved in creating new parts of the infrastructure by volunteering. Your community needs you." Any volunteer drivers will receive petrol money and a box of goodies containing fresh, organic, locally sourced produce. Getting involved in projects like this can help promote wellbeing, connection and a feeling of preparedness which in turn has a positive effect on mental health as well as the physical benefits of the fresh produce.

"Farmacy Co-op was planned before the 'covid 19 stuff' as I call it, but because of that happening we put our focus on the fresh food offer and building a distribution network. Our mission is to provide healthy organic food, building immunity and local connections. We are part of a bigger project, One Community Network whose mission is to help build a social organisation that focuses on decentralisation, liberty, connection, regeneration, permaculture and mutual aid. We are helping to create secure infrastructure with community ownership, security & resilience in mind. We want to offer people alternative systems & services that serve them. We are helping to create a mutually owned, democratic, decentralised economy that builds community & doesn't destroy nature." Truly a big vision, Danny expands: "My partner and I are qualified in nutrition and health coaching and as we grow we will build on that. Although we are only offering one type of box at present, from March we will be widening that to four boxes and then from April/May will be including other essentials boxes such as organic staple cupboard items and personal care. We are a non-profit social enterprise so all money is reinvested into the business, unlike the corporate models".

As an experienced businessman Danny is putting his knowledge to use to counteract the global forces at work, going local and building a network of people who can join the co-operative and network. Perhaps readers of the Light will recognise their knowledge and visions can also be used to create new ways of working and living. Britain has a great tradition of cooperative people-led businesses and it can definitely work again now as we first research and learn about the threats we face and then naturally turn to our strengths as humans in that we are creative, active and ready to build our own systems, superseding the need to be part of the established control system around us.

***Find out more about the Farmacy Co-op at:***
***www.farmacycoop.org/***

***Learn about the One Community Network at:***
***www.onecommunity.network/***

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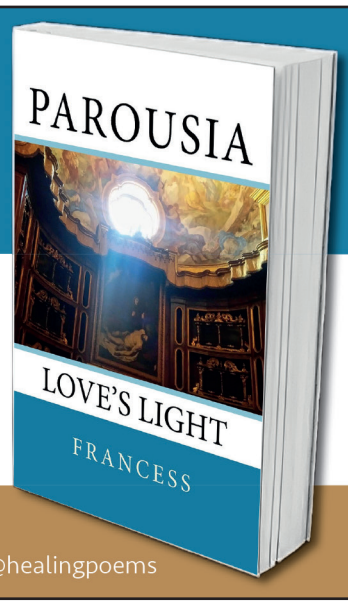


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Hi, we're Jill and Andy, a Woman and a Man living in the UK, we've become increasingly frustrated with restrictions being put on Men and Women who are just trying to get on with their lives without someone else telling them what they can and can't do.

We have a couple of small Rentals comprising of a Caravan in a beautiful spot on the West Wales Coast and a Wild Camping area in the same location, we used to advertise these accommodations on a well known holiday rentals website, then they started expecting us sign up to specific agreements on restrictions regarding our rentals, not being happy with this we decided to set up our own holiday rentals directory for free minded Men and Women, so here we are.

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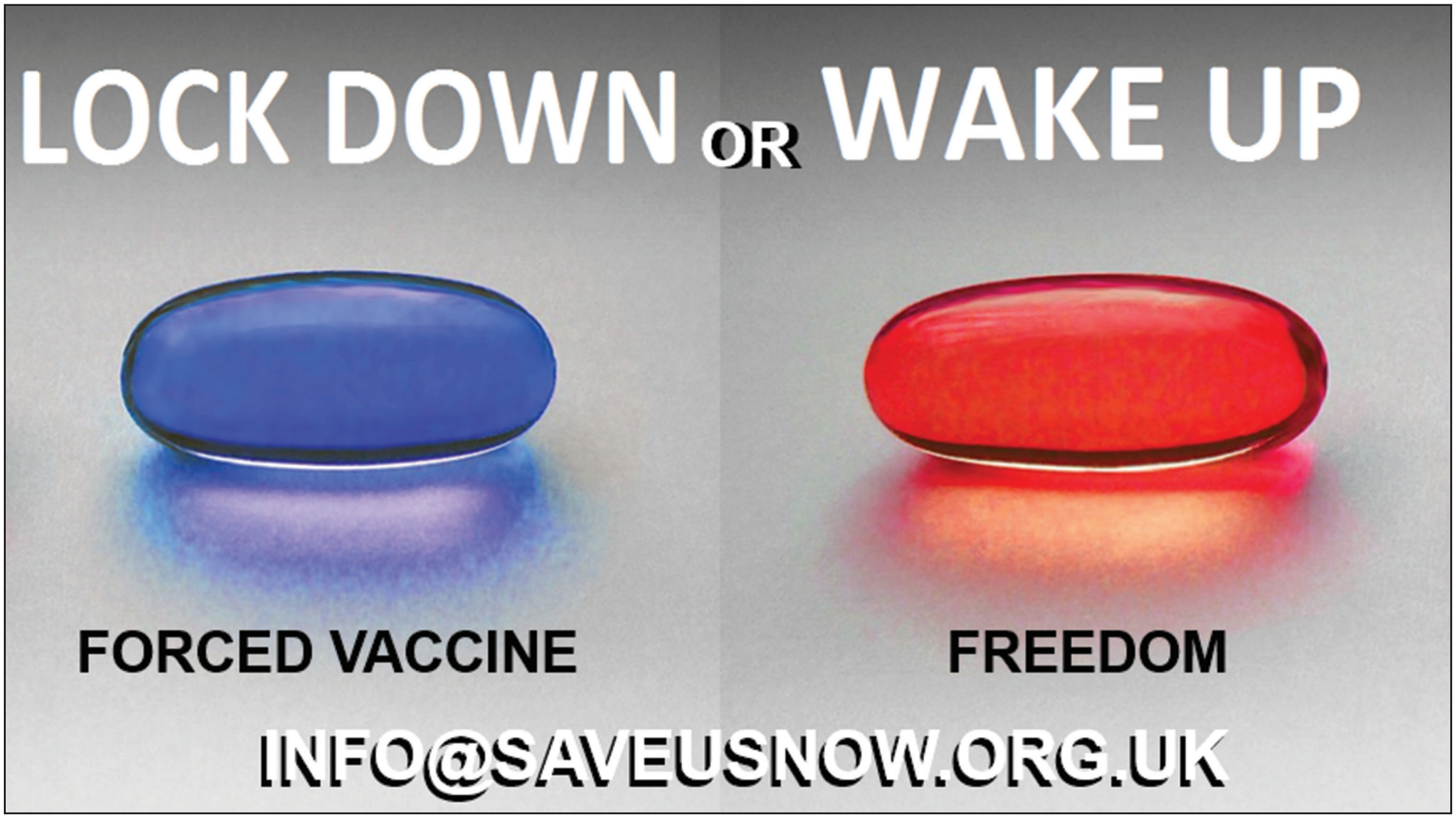


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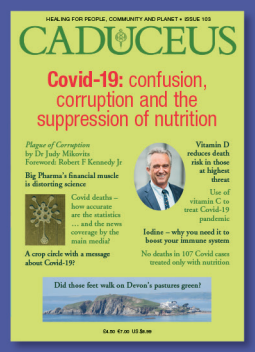


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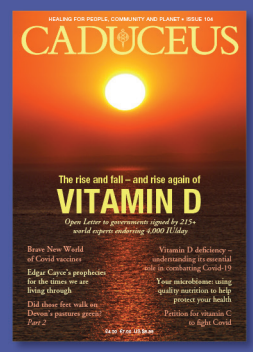


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# Get The Truth About

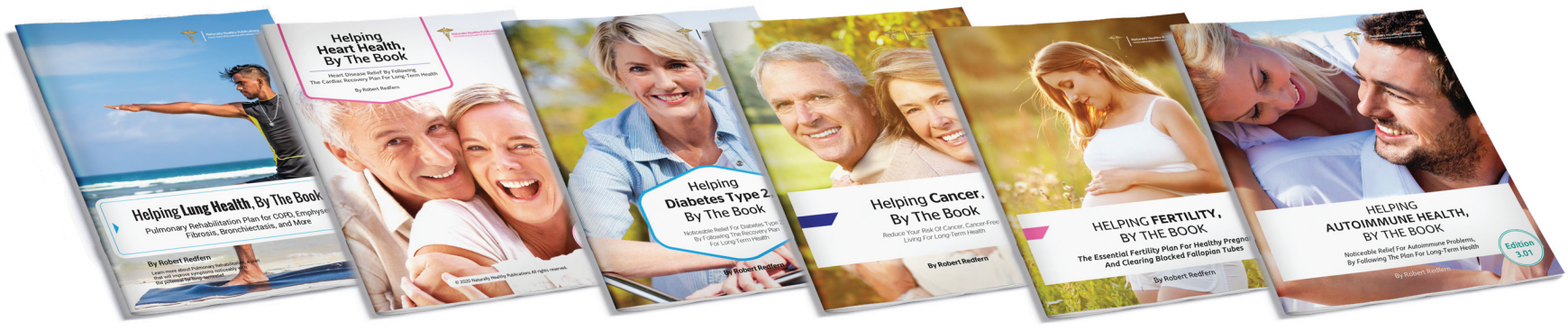
Robert Redfern, Founder of Naturally Healthy News, took his first steps into the world of natural health back in 1985, following the premature death of his parents from lung disease, which inspired him to search for natural solutions to major health problems.

Robert's research into nutrition made him realise that specific nutrient deficiencies (such as enzymes, selenium, iodine, D3, vitamin C and magnesium) and poor diet choices are the prime cause of disease. His full lifestyle plan covers these critical areas in great detail and has had thousands of people worldwide report a complete recovery.

## FREE ACCESS

to Robert Redfern's complete collection of eBooks

Each book contains 10 simple steps to support disease recovery and change lives in as little as 30 days. Visit: **www.NaturallyHealthyNews.info/books**

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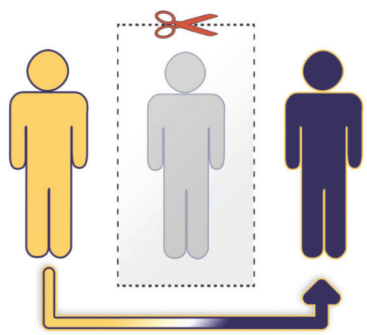

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