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THE LIGHT

Issue 9 **People-Funded Paper** *thelightpaper.co.uk* **FREE**

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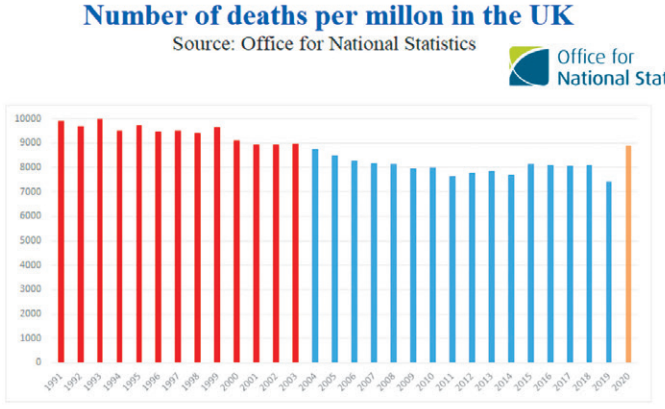
What Pandemic?

Number of deaths per millon in the UK
Source: Office for National Statistics



If there were a pandemic, it would cause a huge, unmissable spike. 2020's death rate was average for the last 20 years, and low compared to the last 80.

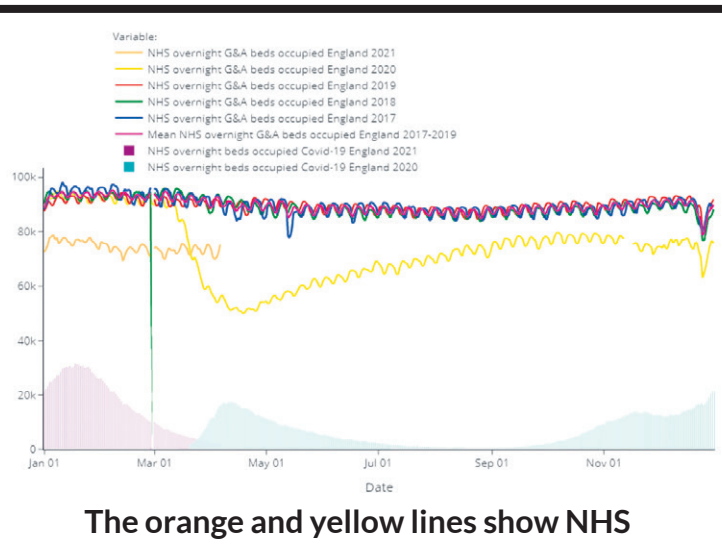
The charade is over. As these graphics show, the world has been subject to an elaborate marketing scheme perpetrated by billionaires, drug companies, NGOs like the World Health Organisation, greedy salesmen posing as elected representatives and all their mandarins, officers and lackeys, 'just following orders', too scared for their jobs to actually protect the people in their care and do the duty they believed they were once signing up for.

Millions know the truth. They've done their own research and learned obvious, evident deceptions about the 'covid-19 pandemic' such as the lack of any annual death spike shown here on the left, but many still feel pressured by social engineering and communitarian virtue signalling to accept that the genuine long term health of the nations and especially our children is far more important than personal short-term considerations. Dozens of health workers, police and others have wanted to 'whistle blow' to The Light, but are too afraid for their jobs to be named. This should speak volumes in itself as to exactly the kind of regime we are already living under.

However there have also been many doctors, lawyers, ex-pharma executives and vaccine developers calling out the world governments and the supranational powers that appear to be controlling them; revealed as a co-ordinated mass deception to push the genetic therapy injections being sold as 'vaccines', and increase compliance to bizarre, cult-like instructions, they seem impervious to either criticism, career-ending truths proving their incompetence or outright criminality, or the growing threat of mass noncompliance or worse. How long will they continue to manipulate people into not going about their normal lives, ruining their natural immune systems, believing other people are infectious, and completing the breakup of modern society they began with World War 1?

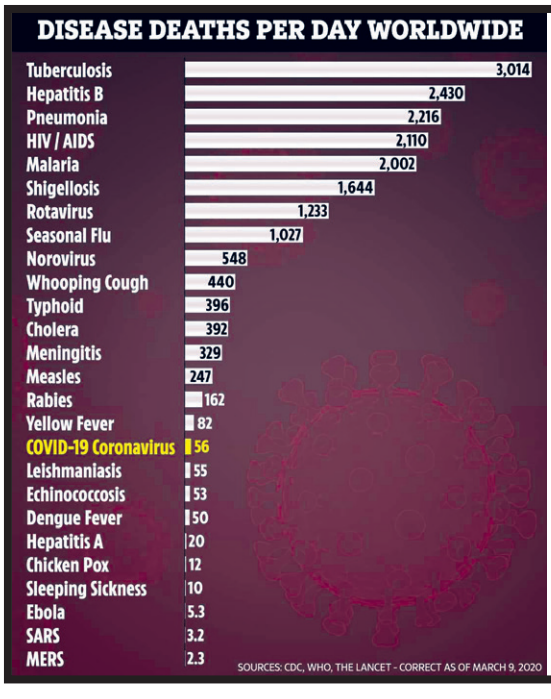
Global Circulation of Flu Viruses

Flu numbers were low last season because it has been re-branded and turned into a mass pandemic that only happened on the telescreen.



The orange and yellow lines show NHS bed occupancy for 2020 and 2021 - they are clearly much lower than in the previous 4 years.

SOURCE: coviddashboard.live/#beds



All we have heard for over a year is how fearful we should all be of covid-19, yet the actual numbers tell us there is little to be concerned about for most healthy people.

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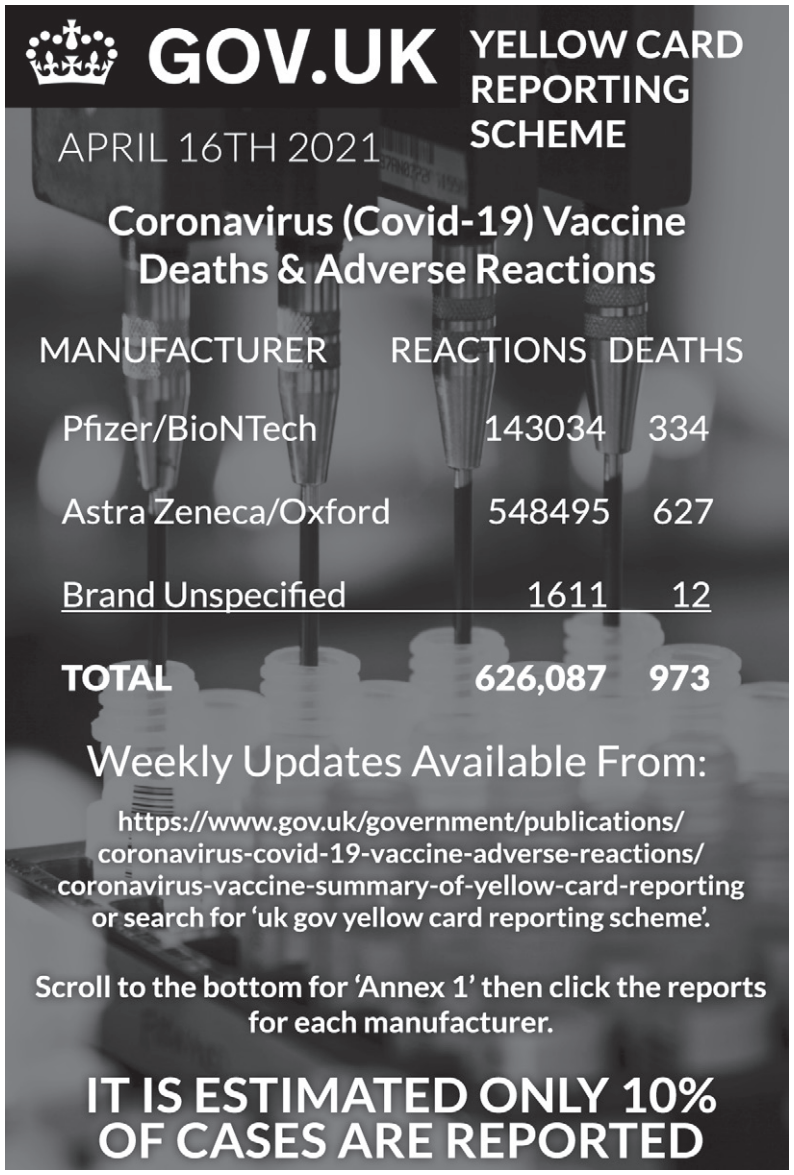

Vaccination Causing Mass Sickness In NHS - Consultant

by **DR. K POLYAKOVA**

To The BMJ ('Rapid Response' now removed from website, but archived):

'Dear Editor,

I have had more vaccines in my life than most people and come from a place of significant personal and professional experience in relation to this pandemic, having managed a service during the first 2 waves and all the contingencies that go with that.

Nevertheless, what I am currently struggling with is the failure to report the reality of the morbidity caused by our current vaccination program within the health service and staff population. The level of sickness after vaccination is unprecedented - staff are getting very sick and some with neurological symptoms, which is having a huge impact on the health service function. Even the young and healthy are off for days, some for weeks, and some requiring medical treatment. Whole teams are being taken out as they went to get vaccinated together.

Mandatory vaccination in this instance is stupid, unethical and irresponsible when it comes to protecting our staff and public health. We are in the voluntary phase of vaccination and should not be encouraging staff to take an unlicensed product that is impacting their immediate health. I have direct experience of staff contracting covid AFTER vaccination and probably transmitting it. In fact it is clearly stated that these vaccine products do not offer immunity or stop transmission. In which case why are we doing it? There is no longitudinal safety data available (a couple of months of trial data at best) and these products are only under emergency licensing. What is to say that there are no longitudinal adverse effects that we may face that could put the entire health sector at risk?

Flu is a massive annual killer, it inundates the health system, it kills young people, the old, the comorbid, and yet people can choose whether or not they have that vaccine, which has been around for a long time. You can list a whole number of other examples of vaccines that are not mandatory and yet they protect against diseases of far higher consequence.

Coercion and mandating medical treatments on our staff and on members of the public especially when treatments are still in the experimental phase, are firmly in the realms of a totalitarian Nazi dystopia and fall far outside of our ethical values as the guardians of health.

I and my entire family have had covid. This as well as most of my friends, relatives and colleagues. I have recently lost a relatively young family member with comorbidities to heart failure, resulting from the pneumonia caused by covid. Despite this, I would never debase myself and agree that we should abandon our liberal principles and the international stance on bodily sovereignty, free informed choice and human rights, and support unprecedented coercion of professionals, patients and people to have experimental treatments with limited safety data. This and the policies that go with it are more of a danger to our society than anything else we have faced over the last year.

What has happened to 'my body my choice?' What has happened to scientific and open debate? If I don't prescribe an antibiotic to a patient who doesn't need it as they are healthy, am I anti-antibiotics? Or an antibiotic-denier? Is it not time that people truly thought about what is happening to us and where all of this is taking us?'

https://archive.is/Ih0TK

Order Followers Not Passive In Tyranny, Studies Show

In the 1960's and 1970's, classic social psychological studies were conducted that provided evidence that even normal, decent people can engage in acts of extreme cruelty when instructed to do so by others. However, in an essay published November 2012 in the open access journal PLOS Biology, Professors Alex Haslam and Stephen Reicher revisit these studies and explain how awful acts involve not just obedience, but enthusiasm too -- challenging the long-held belief that human beings are 'programmed' for conformity.

This belief can be traced back to two landmark empirical research programs conducted by Stanley Milgram and Philip Zimbardo in the 1960's and early 1970's. Milgram's 'Obedience to Authority' research is widely believed to show that people blindly conform to the instructions of an authority figure, and Zimbardo's Stanford Prison Experiment (SPE) is commonly understood to show that people will take on abusive roles uncritically.

However, Professor Haslam, from the University of Queensland, argues that tyranny does not result from blind conformity to rules and roles. Rather, it is a creative act of followership, resulting from identifying with authorities who represent vicious acts as virtuous.

"Decent people participate in horrific acts not because they become passive, mindless functionaries who do not know what they are doing, but rather because they come to believe - typically under the influence of those in authority - that what they are doing is right," Professor Haslam explained.

Professor Reicher, of the University of St. Andrews, added that it is not that they were blind to the evil they were perpetrating, but rather that they knew what they were doing, and believed it to be right.

These conclusions were partly informed by Professors Haslam and Reicher's own prison experiment, conducted in 2002 in collaboration with the BBC. The study generated three findings. First, participants did not conform automatically to their assigned role; second, they only acted in terms of group membership to the extent that they identified with the group; and finally, group identity did not mean that people simply accepted their assigned position -- it also empowered them to resist it.

Although Zimbardo and Milgram's findings remain highly influential, Professor Haslam argue that their conclusions do not hold up well under close empirical scrutiny.

Professor Reicher concludes that tyranny does not flourish because perpetrators are helpless and ignorant; it flourishes because they are convinced that they are doing something worthy.

Materials provided by Public Library of Science.

Journal Reference:

1. *S. Alexander Haslam, Stephen. D. Reicher. Contesting the "Nature" Of Conformity: What Milgram and Zimbardo's Studies Really Show. PLoS Biology, 2012; 10 (11): e1001426 DOI: 10.1371/journal.pbio.1001426*

Ten Steps To Mass Mind Control

by **LASHA DARKMOON**

According to recent research into the 'illusory truth effect', it is relatively easy to brainwash people into believing a lie even after they know the truth. This is done simply by repeating the lie endlessly until it erases the truth formerly impressed on their minds.

Let's take an example:

You happen to know what a 'kilt' is. It is a tartan skirt worn by men in Scotland. You also know what a 'sari' is. It is a long graceful dress worn by women in India. Now imagine you are told that men in Scotland don't really wear kilts, that they actually wear saris. All this time, you are told, you have been getting it wrong. You have been badly misinformed. Men in Scotland, you are told for the umpteenth time, actually wear saris.

Well, according to the latest research, quite a few people are going to start doubting that Scotsmen wear kilts and are going to end up believing that Scotsmen actually wear saris.

The important thing is to make sure the lie is repeated so often that repetition has the effect of a hypnotic suggestion on their minds. There is an old Latin proverb: Repetitio est mater studiorum ('Repetition is the mother of studies'). The best way to learn anything is to hammer it into the mind through constant repetition.

Maybe the young and impressionable will be the first to fall for the lie that Scotsmen wear saris. A minority of stubborn diehards will continue to believe the truth — that Scotsmen wear kilts — but they will now have to contend with an increasing number of strident fanatics who keep telling them they're 'crazy' for believing in the 'canard' that Scotsmen wear kilts. Believing Scotsmen wear saris has now become politically correct. If you don't believe that Scotsmen wear saris you are now in trouble.

If you dare to go on suggesting that Scotsmen wear kilts, you will now face intense hostility: you will be ostracised, you will be dismissed from your job, you will be fined for insulting Scotsmen by using the hated k-word, you will be put in prison for 'Sari Denial', and you will finally be packed off to a mental institution for psychiatric treatment.

To force an entire population into accepting the lie that Scotsmen wear saris requires a step-by-step approach. It requires media control and continuous propaganda on a monumental scale. The initiators of the Big Lie, the core propagandists, will of course be fully aware that they are promoting a Big Lie. But they will need to believe that the Big Lie is necessary and good and serves a noble end: that the end justifies the means. As time goes on, many of these original Lie promoters will come to believe passionately in the validity of their original Lie and see it as an alternative truth.

Organised Lie Promotion will now proceed in ten methodical stages which we may call the Ten Steps of Mind Manipulation:

1. Repetition of the lie on a daily basis in thousands of different newspapers, books, magazines, academic journals, TV documentaries, movies, and internet forums. Exposed to this deluge of daily repeated lies, the human mind will eventually capitulate and come to believe the Lie.

Photo: Noah Buscher

2. A parallel refusal to allow promoters of the Truth equal access to the media and provide them with a space for reasonable debate. The public must on no account be allowed to consider the possibility that the New Truth is actually the Big Lie dressed up in new clothes. All opportunities for considering the pros and cons, for evaluating evidence objectively, for deciding on the merits and demerits of conflicting hypotheses, will be flatly denied to the general public. For the Big Lie to take root in the collective mind, access to the Truth must be severely restricted, denied, and finally outlawed.

3. To promote the lie and discredit the Truth, the Truth must henceforth be labelled a 'conspiracy theory' and its promoters dismissed as dangerous 'nonviolent extremists'.

4. The next step is to criminalise the Truth by labelling it 'hate speech', suggesting that any expression of this Truth will lead to public disorder and death. Truth telling now becomes 'terrorism'.

5. Parallel with this process of vilification of so-called 'conspiracy theories' is the systematic fabrication of false, far-fetched, and genuinely disreputable conspiracy theories by government agents themselves. The more prolific and absurd these fabricated theories, and the more people who can be persuaded to accept these theories, the better all round. The Truth is now murked and buried under a mound of deliberately invented lies. This is all part and parcel of the black propaganda process which depends heavily on organised disinformation.

6. Since there is no way to prevent Thought Crime—i.e., political dissidence, 'radicalisation', and rejection of politically correct lies masquerading as the truth—the next step is mockery, ridicule, and ad hominem attacks on those few valiant souls who persist in questioning the prevailing mendacity. The dissidents will be invited onto radio and TV programmes or interviewed in the press, only to find themselves pilloried, ganged up on and made into laughing stocks.

7. The Truth tellers will now find themselves being misquoted, or quoted out of context, with entirely false stories fabricated about them, amounting to character assassination. They will become objects of state surveillance and everything seedy or unwholesome about them, from old compromising emails to explicit photographs taken in their youth, will be presented to the public and used to destroy their reputations.

8. Organised outrage is the next step. All politically incorrect statements made by the freethinkers—statements that would have been universally approved of by our ancestors or in no way disconcerted them unduly—will now be met by a wall of organised outrage. We have now passed from ridicule to intimidation. The political dissident is no longer a laughing stock, he is now a threat to public order. He must be silenced, he must apologise, he must grovel at the feet of his New Masters and beg for forgiveness.

9. Punishment is the next step for those who question the prevailing wisdom: ostracism, loss of employment, banning of their books, stiff fines for expressing their views, death threats, physical violence, and imprisonment. Heretics were once burnt at the stake. We are more civilised. We now ban people from social media and exclude them from normal activities - they become 'unpersoned'. Others of darker complexion we pack off to torture camps to endure sleep deprivation, sexual humiliation at the hands of female degenerates in our employment, or waterboarding them 183 times in order to extract information they altready know. It does not occur to us for a moment that our 'civilised' torturers are infinitely more evil than the tragic victims they torture.

10. The use of bribery and blackmail in enforcing the new lie and silencing all Truth tellers.

In regard to kilts and saris and their connection to Holocaust denial, the number one heresy of our day, here is an instructive quote from Wikipedia:

"At first, the truth effect was believed to occur only when individuals are highly uncertain about a given statement."

This assumption was challenged by the results of a 2015 study by Lisa K. Fazio, Nadia M. Brasier, B. Keith Payne, and Elizabeth J. Marsh. Published in the Journal of Experimental Psychology, the study suggested that the 'truth effect' can have an impact on participants who actually knew the correct answer to begin with, but who were swayed to believe otherwise through the repetition of a falsehood.

For example, when participants encountered on multiple occasions the statement 'A sari is the name of the short plaid skirt worn by Scots,' some of them were likely to come to believe it was true, even though these same people were able to correctly answer the question 'What is the name of the short pleated skirt worn by Scots?'

Like Orwell's Winston Smith after he was thoroughly brainwashed, you can eventually be duped into believing that two plus two equals five — and that men in Scotland wear saris.

All it needs is constant repetition — day after day after day — and the threat of severe punishment for rejecting the New Lie.

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THE TEN STEPS OF MIND MANIPULATION

These ten principles ought to be kept in mind at all times by truth seekers who might otherwise be sucked into the all-enveloping network of Systematic Lies.

1. Repetition of the lie ad infinitum.
2. Maximum media exposure to the lie and minimum media exposure to the truth.
3. Implanting the suggestion that the truth is an elaborate lie by labelling it a 'conspiracy theory'.
4. At the same time, suggesting that the truth is obnoxious by calling it 'hate speech'. Truth telling allegedly leads to public disorder and the death of certain targeted individuals, and so the expression of unpopular truths must be classified as 'terrorism'.
5. The systematic fabrication of false conspiracy theories by paid agents, in order to create maximum obfuscation and bring the truth into disrepute by associating it with a plethora of discredited ideas and far-fetched, ludicrous lies.
6. Subjection of the truth to mockery and contempt.
7. Character assassination of truth tellers by a variety of underhand means, including misquoting, telling lies, and digging up their irrelevant past.
8. Organised outrage at any expression of the truth by a public figure, i.e., systematic intimidation.
9. Severe punishment for telling the truth.
10. The use of bribery and blackmail, the carrot and the stick, to reward the promoters of the lie and deter potential truth tellers from speaking out.

Who Is The Policing Bill Really Aimed At?

by **NIALL McCRAE & ROBIN TILBROOK**

The Policing Bill sailed through its second reading in the House of Commons on March 16th, backed by the opposition Labour Party. While progressing in the context of the covid-19 emergency provisions, this statute will be permanent. It contains some troubling clauses, particularly the criminalising of any protestor who causes annoyance (punishable by a prison sentence of up to ten years). Meanwhile, the HM Inspectorate of Constabulary and Fire & Rescue Services has added to the unease of anyone concerned with civil liberties, with the report 'Getting the Balance Right: an Inspection of How Effectively the Police Deal with Protests'.

The Inspectorate of Constabulary work was commissioned by Home Secretary Priti Patel in September 2020, after three large anti-lockdown rallies in London. Whereas Black Lives Matter protests were lightly policed and in many quarters encouraged by politicians and mainstream media, rallies for freedom were suppressed heavy-handedly. On 26th September police in full riot gear wielding steel batons charged into a huge peaceful crowd in Trafalgar Square. The media misreported the latter event in denunciatory terms, blaming protestors for 'clashes' with police, and highlighting the number of arrests.

The Metropolitan Police, covering a city that has hundreds of demonstrations every year, is highly experienced in facilitating and controlling such events. However, the force is increasingly criticised for unequal and disproportionate application of powers. In 2019, Waterloo Bridge in London was blocked by Extinction Rebellion for more than a week, while officers stood by, sometimes engaging in friendly conversation with the law-breaking activists. This contrasts sharply with the robust policing of a protest against the desecration of statues of heroes including Winston Churchill by 'anti-imperialists' last year. Radical groups chanting 'fuck the police' are treated with kid gloves, while patriots and freedom marchers are harassed.

This problem has worsened since the EU referendum, when pro-Brexit campaigners were policed as if they were football hooligans, while pro-EU supporters marched freely. Climate change and race equality are favoured causes, but not protests against corruption, Muslim child-rape gangs or the abject loss of the rights to exercise our freedom.

In tune with the Policing Bill, the Inspectorate of Constabulary report concludes that police need even more powers, asserting that the balance has tipped too far towards the rights of protestors, and that 'a modest reset of the scales is needed'. Here are some of the draconian recommendations:-

- More use of covert intelligence on protest organisers
- Facial recognition technology (a 'game-changer') to be expanded from five police forces currently using this
- More use of stop and search
- Mandatory notification to police by protest organisers (already a requirement under Section 11 of the Public Order Act 1986)
- Imposition of protest zones and banning orders in particular places
- Limits on noise (no drums)
- Seizure of placards or banners with offensive messages
- Tougher sentencing, 'pour encourager les autres'.

The report frequently uses the term 'aggravated activism', and agrees with the Law Commission's recommendation in 2015 to replace the common law offence of nuisance with a statutory crime. One complaint by a member of public would suffice for action to be taken, or officers could use their own judgment on the degree of annoyance caused.

The Constables Oath, taken by each officer on completion of training, is a pledge of impartiality. But clearly protests are not policed consistently, and this suggests that authorities at a level higher than operational command are involved in deciding whether an event should be facilitated or suppressed. While the Inspectorate of Constabulary report repeatedly refers to Extinction Rebellion and Black Lives Matter protests, we suspect that the real targets of tougher policing are demonstrations against the political/cultural establishment. This may seem counter-intuitive: surely BLM and XR are fighting the system? But then why the institutional approval for the 'Green' movement and for 'Diversity and Equality'.

London Assembly Member and mayoral candidate David Kurten, fears that changes to the law and policing practice would be interpreted selectively:

"There is so little trust of government and police, that giving them more powers would likely see them continue to go softly softly with the far Left, but allow them to get more brutal with anyone they unfairly and wrongly smeared as far Right."

The Inspectorate of Constabulary report denies allegations of bias. In June 2020 the statue of Edward Colston in Bristol was toppled and unceremoniously thrown into the canal by activists. The report states, unconvincingly, that this action could not have been predicted. On officers 'taking the knee' at BLM marches, the report urges caution, while acknowledging that officers may want to show their support for equality. Other causes, according to the report, are appropriate for police endorsement:-

'Demonstrations of support are likely to be uncontroversial at Pride parades, Holocaust Memorial Day and Stephen Lawrence Day'.

By prioritising national security and public safety, the police would like to pick and choose protests. Any rallies and marches against the prevailing progressive ideology, regardless of the real risk of violence or 'aggravated activism', could be prevented.

An important proposal is to ensure full and timely notification of police. According to the report, 'when organisers fail to notify the police about a protest, they can jeopardise the safety of those involved'. Under the Coronavirus Regulations, organisers are liable to a fine of £10,000 for Unlawful Assembly. Yet safety is most compromised by aggressive policing, which we authors have witnessed at close hand. This includes harassment, intimidation and unprovoked violence.

Since the covid-19 outbreak and ensuing lockdowns, protests have erupted around the world. Policing in erstwhile civic democracies has stepped up to a level normally reserved for a minority of troublemakers as the sun goes down. In Melbourne, Berlin, London and elsewhere, police deployment has been as robust as in totalitarian China. Civil unrest is an inevitable consequence of prolonged curtailment of basic liberties, and the authorities appear to be following a one world model in squashing any resistance in the bud.

The Policing Bill and the proposals of the Inspectorate of Constabulary indicate that this bolstering of police power is intended as the 'New Normal'. The right to peaceful protest, as decreed by Magna Carta and the Bill of Rights, is under threat by lawmakers, police forces and the criminal justice system. In a tandem anti-libertarian regression, policing has shifted from containment to control, and from neutrality to political bias. An existential threat to the right to peaceful protest raises the risk of violence, which in turn will be used to justify further draconian restrictions.

The policing bill has now been delayed after weeks of protests in Parliament Square and elsewhere in Britain. The Police, Crime, Sentencing and Courts Bill passed a Commons vote at its second reading. Labour MP Peter Kyle, who was appointed to the committee which will examine and propose amendments to the bill, said he had been told the committee stage would start as early as next week, but it is now not expected back in parliament until June 24. Kyle's fellow Labour MPs Zarah Sultana and Ian Lavery also said the bill had been delayed. An official reason has yet to be made public.

Get Up, Stand Up In The Park

by **DONNALEE otf ANDREWS**

As we pass the first year under enforced quarantine of the healthy, it has become increasingly obvious that our rights and liberties have been surrendered under the guise of a worldwide pandemic. Notwithstanding the scientific data suggesting the scare was over in March 2020, world governments have collectively maintained the restrictions of our freedom.

Mass panic and anxiety has developed into mass compliance and apathy. Perhaps financial subsidy has engendered a feeling of comfort, or for some there is no realisation that those who have withdrawn our liberties are unlikely to voluntarily hand them back to us any time soon?

You would think that those walking round looking glum, or feeling increasingly frustrated by incoherent policies, would be spurred into a little action. Are people waiting for someone else to provide the solution? Or is there a malaise resulting in a lack of self-belief that individually anyone can change our trajectory?

Thank goodness that was not the attitude of Brady Gunn from Sydney, Australia. In August 2020 he made the decision to take a stand. A personal resolution to do what he could to say 'enough!' Brady took action, a simple, powerful action: He stood up to share his personal truth, foster unity and to claim back freedoms that were being eroded. The simple idea of standing in an advertised location at the same time every week in itself is not rocket-science, however the courage to press the launch button alone takes faith, courage and commitment.

The first few lonely weeks were hard. Being the only person to turn up could have damped his resolve. Thankfully true grit and focus paid off. Eventually (albeit after three months of solitary standing) people joined in until a movement started.

Listening to Brady rally people to become motivated and proactive is inspirational. It reveals a little-discussed reality that when numbers of people connect, they form an incredibly unstoppable force: imagine the acoustics of a choir compared to a solo artist. Brady's voice has now carried across the world. By contacting lifelong friend and travel buddy, Fifi Rose, the blueprint was transferred over to the UK with her unfaltering help. Initially three sites, today there are 400+ UK locations and still growing. Local interest is increasing weekly with the numbers of people attending each location steadily growng, traction evidenced by weekly social media posts clearly showing the attention and momentum this STAND IN THE PARK movement is gaining.

Swathes of people, all encouraged to wear or carry something yellow to make them identifiable to new joiners and to spread an optimistic glow in the locations they visit, can be seen weekly between 10am and 11 am every Sunday in parks up and down the country. The result of this open defiance is that it is bringing together men and women who have been spreading truth but who otherwise may have experienced a sense of isolation whilst doing so. Friendships and networks are forming, and mental health is improving, as you would expect. The community is even offered the chance to link up with Brady via live feeds whilst standing, thus linking the international efforts of each man and woman taking part.

Individually we have an obligation to defend our freedoms and birth rights. It's time for each and every one of us to do everything we can to push back, even if that little thing is just to turn up like Brady, in a park on a Sunday morning and stand. If there isn't a Stand In the Park in your area don't wait for someone else to start one. Pick a location, email the UK group admins, and turn up. It's that simple.

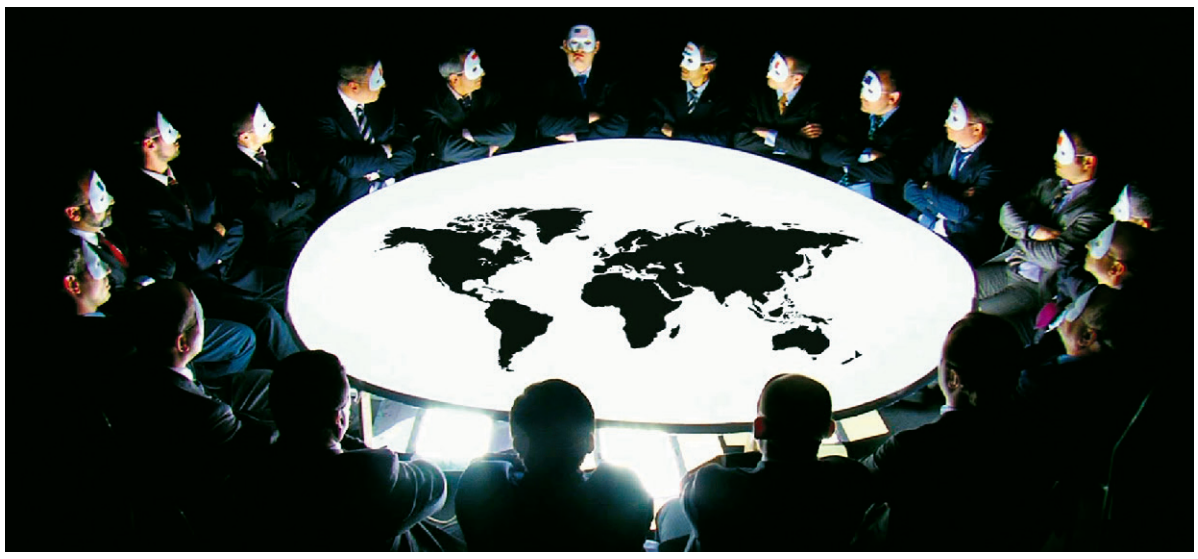
Is There Already A World Government?

by **DAVID WILSON**

Within months of a pandemic being declared, virtually all governments throughout the world had agreed on an almost identical response. These are the same countries that over decades and centuries have failed to agree on religion, language, cuisine, currency or how best to run a football tournament.

At the World Economic Forum's (WEF's) annual meeting in Davos on January 24th 2020, Bill Gates' 'Coalition for epidemic preparedness and innovations' held a press conference to announce a new partnership to develop vaccines for 'covid-19'. At this stage, the number of confirmed worldwide cases was still in the hundreds. So this doesn't look like a rapid response, it looks pre-emptive. But to what extent are Gates and others planning ahead to protect health worldwide, and to what extent are they actually inflating the idea of a pandemic, then sponsoring the media to paint it big and bad enough to bring the world to its knees, and then miraculously have the cure rolling out within months to save us all? It all looks a little..manufactured.

The pandemic was declared by the WHO on the 11th March 2020 and within months a cast of characters including Biden, Trudeau, Johnson and even Prince Charles were talking about a 'Great Reset'. By the end of the year, Xi Jinping was on the bandwagon. How could leaders of so many diverse countries and organisations agree on a plan, have it written up, cross-checked and rolled out in such a short time? Unless this plan was waiting in the wings, for just such an excuse as a worldwide pandemic? It would take a deeply cynical person to suggest that the disease might have been deliberately released; but the UK and US going to war with Iraq on the pretext of WMDs when there were none dented my trust in governments, and the use of depleted Uranium, Napalm and Agent Orange shows that they have in the past done whatever it takes and to hell with the consequences. But, even if we give them the benefit of doubt and say this was a naturally occurring disease then the reaction has been so massive as to suggest there is a bigger, hidden agenda.



Most people have great respect for the Gates' and Bezos' of the world. Where would we be without computers and home delivery after all? The WEF surely mean well, but it is important to stress they are not elected. We pride ourselves on our democracy but these people are not in any way accountable. The CEOs of the world's richest companies who all get a seat at the table didn't get where they are because they are kind, caring and considerate. The only way for these companies to get a seat at next year's WEF is for them to remain amongst the most profitable in the world. There are no prizes for compassion and compromise. Imagine a company that had seen through the enfolding plandemic and resisted the lockdown rules in order to keep their services available, where would they be now? But those companies that rush the vaccine through make billions, getting the laws changed along the way so that they are never held responsible for any side-effects including deaths of which there have been thousands. At an average of $20 per shot, 2 doses per person and the aim of corralling all 7.8 billion inhabitants of the world; that's $340 billion. And those pesky variants could mean another $340,000,000,000 each next year.

We have seen the White House change hands and it not make the slightest difference to the WEF control and the same would undoubtedly be true if Labour were to be elected here. It has crept up on us but the WEF, WHO and IMF now appear to control the governments and the world's nations, and not the other way around.

It has been only 30 years since the launch of personal computers and the World Wide Web. So much has changed in that time and it seems that the rate of change will accelerate further and faster with the rise of artificial intelligence, the digitalisation of money, satellite surveillance, the internet of everything and genetically modified crops, animals and humans. The danger is that right now, the satellites are already being launched, the banks are preparing for a cashless society and factories and vehicles are being converted to be run by machines not humans. And the question is...has anyone asked you if that's what you want?

If, as looks very likely, we the 99% lose control, it is unlikely we will ever get it back. We may continue to line up to cast our vote, but we will be doing little more than choosing a different coloured rosette each time.

Everyone on earth is aware that the system we live under is potentially just and fair for all, that those who govern can work to ensure our well-being. We simply have to demand that we are given our say on our future, and insist that we have a say in the big decisions that will affect us all.

The simplest thing we can do is to talk. Talk to friends and relatives, calmly, intelligently and persistently. To encourage them to watch and listen to some of the excellent films and podcasts made by some very smart dissenters. If we can spread the information, change some minds then mass noncompliance too big to be ignored becomes possible. By joining in and speaking out, then whatever future we face, we will be able to say that at least we fought back.

Davidwilson244413@hotmail.com

‘I Know My Rights!’ - But Do You Really?

What is the law and why should it matter to you?

Whether you’re not wearing a mask on public transport or in shops, or heaven forbid gathering in groups of more than two or six, it’s never been easier to become an activist since the Coronavirus Act 2020.

If you break these rules and many, many others then you are supposedly breaking the law, but what is the law?

The law is written down in a language, but what language?

If you’ve ever looked at the back of a credit or loan agreement, mobile phone contract or other legal document then you’ll be able to read the words, or most of them at least, but does it make any sense? We’ve all agreed to those endless terms and conditions when using most digital services without even reading them, so why don’t we read them?

They appear to be written in English, but are they?

Every industry has a technical language, generally called jargon and the legal industry is no different. It’s called legalese, but why does that matter? Because it looks and sounds like English and all government legislation

by **master robert**

is written in this effectively foreign language. Key words have had their definitions changed, for example, all legislation refers to ‘persons’.

What is a person? A person is a corporate legal fiction personality, in short a corporation. For example: Tesco is a person and Sainsbury’s is a person, and as such it’s merely a product of collective imagination. At best, a set of policy documents.

Are you a person (corporation)? If the answer is ‘No’, then what are you? Some argue that we’re human but hue-man is colour or shade of man. I’ll postulate that we’re men and women.

The other aspect is the legal fiction personality from which the word ‘person’ derives. It is a fictional entity, also known as a ‘strawman’.

So what is a man or woman? They are ‘facts’ as opposed to ‘fictions’!

Why should this matter to you?

Well, all Acts, Statutes and Bye-Laws are also works of fiction, created by man allegedly to make life better for all.

Let’s take the Coronavirus Act 2020 for example. It’s legislating against what were once perfectly lawful activities. How can this be right?

In a free land, there are common law rights to assemble, speak, live, work, to a family life and to protest, and anything that contradicts those is unlawful. Therefore the Coronavirus Act 2020 is unlawful, and this has been demonstrated by failed prosecutions and multiple quotes from experts in law.

You may have noticed that I’ve now mentioned legal and lawful. You may think that they’re one and the same. But they’re two different words and have two different meanings. Legal refers to legislation and fictional persons. Lawful refers to men and women and the common law.

What is common law? Unlike legislation, it’s really very simple. In essence, if you’ve caused no harm, loss or injury to another, then there’s no victim and therefore no crime.

Under common law we’re basically free to do what ever we want whilst we cause no harm, loss or injury to another.

So why do we have legislation? It was thought that common law was a blunt instrument and many wrong-doings appeared to escape justice. With great freedom comes great responsibility. Many appear unready or unwilling to accept such responsibility and would rather absolve themselves by having representatives both political and legal.

Now there’s another legalese word: representative or re-presentative. Why would I need anyone to re-present me? I can present myself thank you very much. Being re-presented legally by engaging a solicitor or barrister, demonstrates incompetence and competence in law is paramount.

Would you like to learn more? Do you feel fairly powerless when it comes to your rights? Do you even know what they are?

Do you wish to feel powerful at a time when it appears that our fundamental rights are being stripped away?

Learning, knowing and expressing your rights can be one of the most empowering experiences of your life. It’s like a hidden super power buried within all of us. I’ve seen people literally transformed over a couple months.

I’ll complete this article with an amusingly true short story:

Once upon a time in South East London, I happened upon multiple flashing blue lights and lots of police activity. I safely brought my bicycle to a halt on the pavement and announced in a fairly loud voice that if there’s no human victim then this is purely a contract to generate revenue.

At which point a sergeant said to me: “I could fine you for cycling on the pavement”.

I retorted: “How do you know I don’t have diplomatic immunity?” He asked “Do you have diplomatic immunity?” which was a slight surprise to me, but I had my trump card already up my sleeve and said “is there a lawful obligation on me to answer your questions?” At which point, he smiled and that was the end of our interaction. Short and sweet!

If you’d like to learn more, please research some of the terms mentioned here so you will be able to say truthfully and demonstrate when the time comes: ‘I know my rights!’

Dancing For Children’s Mental Health Charity

Carer Dave and brain injury sufferer Dan’s amazing dance videos for Dance One Love United are a massive hit with people worldwide. They had thousands up and dancing at an online disco on Valentine’s Day and another live-streamed dance on April 18th, aiming to raise awareness of children’s mental health and how it’s being affected by government restrictions. So why aren’t the papers interested (The Light aside)?

When carer Dave Coombes, 38, realised the devastating effect lockdowns were having on children’s mental health, he decided to do something to raise awareness.

“I could see how the covid restrictions – lockdowns in particular – were causing great mental suffering to children everywhere,” explains Dave from Marlow in Buckinghamshire. “I know kids who were getting really depressed, too scared to go out, sad about not being able to go to school and see their friends. One 12-year-old I know said he wanted to die. This is so upsetting. It’s just not right that the nation’s children should be feeling his way.”

Daniel Green – who Dave cares for and who has had a brain injury since birth – agreed to join

by **JACQUI DEEVOY**

Dave in daily dance videos. “I was born with a brain tumour,” says Dan, “and my parents were told I only had 10 days to live.”

Whilst in Great Ormond Street Hospital, however, Princess Diana visited and asked if she could hold Dan. His parents agreed. From that day on, Dan started to recover. That was 31 years ago. “It really was a miracle,” says Dan, who’s now engaged. “We don’t know for sure why I suddenly started to get better but I think it’s definitely to do with Diana.”

Despite the freezing weather in January 2021, Dave and Dan set up Dance One Love United and took to the outdoors. Playing a different dance tune every day, the two lively lads grooved away in car parks, streets and driveways to the delight of many online viewers.

Within days, Dave and Dan had thousands of followers on social media and had loads of kids - and their parents - up off the sofa and dancing. They were also interviewed for local radio stations Marlow FM and Bucks Breakfast Show and appeared in the local paper the Henley Standard.

What a great story! Surely the mainstream media would snap this up? That’s when a mutual friend put Dave in touch with me – a freelance journalist of 36 years. I loved the story so took it to several national newspapers. I received a resounding “not for us, thanks” from them all. I then approached This Morning who, initially, seemed to be interested, but finally said they didn’t have space for it. This didn’t really make sense – it’s a great story and Dan and Dave would have made enthusiastic and likeable guests.

So why are the mainstream media turning a blind eye to children’s mental health? With self-harming, child abuse and child suicides on the rise, surely it’s an urgent issue that needs addressing? Childline reported a 30% DECREASE in calls after the first UK lockdown, which is also alarming, as it could have meant that children are unable to make contact with the charity because they were trapped 24/7 with abusers. There are no specific figures for child suicide available at the ONS. Those statistics will probably never be released, although the general figures for suicides at all ages during 2020, according to the ONS, will be released in September 2021. If they’re withheld for any

reason, it will look highly suspicious.

Could it be that the mainstream media are complicit in not drawing attention to this most painful consequence of lockdowns?

Dave says: “Once a month we do an event on Facebook and encourage the 4000 members in the group to join us live and dance. We usually go somewhere busy and get as many people as we can up and dancing. Last month, we danced in Henley in a park near the river and, by the end, there were over 100 people dancing with us.”

Dave and Dan’s Just Giving page is in support of Young Minds Trust, which is the UK’s leading charity fighting for children’s and young people’s mental health.

Donate here: https://www.justgiving.com/fundraising/dave-coombes3

Green Agenda Undermines Energy Security

The greatest economic disaster that has been inflicted since the millennium has been what is known in Germany as 'energiewende'(energy transition). Its tentacles are with us today throughout Western society, having a pervasive influence across the world. From its genesis in Germany, as the most powerful nation in Europe, this creed became adopted by the European Union. Indeed, to the more perceptive elements of the Leave campaign, the issue became a major reason to justify Brexit.

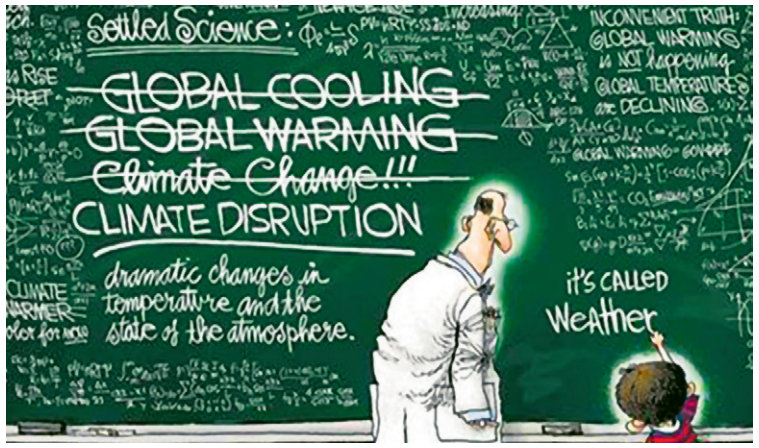
by **DEREK G BIRKETT**

Just what were the consequences of such a policy? Renewable development had no economic basis for any private endeavor unless supported by significant subsidy. Imposed regulation by Brussels ensured each member nation had to meet an agreed level of carbon emissions by 2020, supported by measures to enable subsidy and to impose penalties for operating fossil-fired generation capacity. Over time, rising levels of renewable output reduced the availability for oil, coal and gas-fired generation to operate, thereby raising their costs, especially as renewable sources had a mandate to run at every available opportunity. Further additional costs then arose to connect such plant with new or upgraded transmission, enhanced with the requirement for the grid system to accept its consequent intermittence. As a result:

1. The state would effectively decide what generation should be installed.
2. Utilities became enablers for social discounts and would no longer order hydrocarbon-fired generation.
3. Significant premature retiral of coal capacity, the most economic form of generation.
4. In scale only two technologies were promoted, wind and solar.
5. Indigenous manufacturing became redundant.
6. Continental interconnection would rise fivefold to accommodate new installations.
7. Electricity bills to the consumer would triple over a decade.
8. Significant reduction of electricity demand through cost escalation.
9. Increased risk for security of supply.

It is worth analysing what each of these consequences involve:

1. The state lacks commercial knowledge. Access to information became restricted through commercial confidentiality. Utilities became subsidy 'junkies', divesting portfolios that would allow vertical integration. Gas storage levels were reduced.
2. Gas turbine orders had effectively ceased over the past decade. Most existing capacity is dated before the millennium. Initial installation following privatisation has already had over 5GW of capacity decommissioned.
3. Coal technology has always been the mainstay of electricity supply having the capability to store a year of fuel supply at site. 29GW of capacity has now been reduced to 7GW with around 4GW converted for wood burning. The absence of coal capacity has created an inertia and security problem. In combination with gas turbine technology, they provide the only sustained dispatchable plant that would ensure grid system frequency can be secured.
4. Solar energy in the UK has no overnight supply and negligible contribution over the winter period, the time of peak demand. Wind resource is rapidly becoming the dominant technology for supply, ignoring the concept of a generation mix, the ability to ensure supply security over a range of technologies and fuel supplies. This circumstance is the basic reason to explain the serious grid failures experienced in Texas and California over the past year. A consequence of renewable development is the effect of intermittence. This has led to a programme of 'smart metering' at a cost suggested at £15 billion. Its essential purpose, yet to be implemented, is controlled disconnection of supply to combat frequency excursions when under duress. The scheme also enables remote meter reading and monitors consumption. Unlike any commercial undertaking, the household consumer has the option of a choice. There have been numerous problems with implementation, but two serious design problems remain. Disconnection is total and for domestic purposes, lighting should not be affected. The second problem has been revealed with the recent Texas grid failure when the recorded cost of supply was excessive as was its duration that would translate into power bills.
5. The obsession to promote renewable energy has impacted the capability of manufacturing in the traditional sectors of electricity supply. The UK no longer has such capability thereby has to rely on imports from overseas. Any disruption of trade, for whatever reason, must consider the timescale of not just building power stations but also the delay in manufacturing capability with tooling and personnel.
6. Electricity supply in the UK has two Grid systems. Northern Ireland has a unified grid to its neighbour that is each connected to the GB Grid system by HVDC undersea cables that require expensive AC/DC conversion equipment. The GB Grid system is also more heavily connected to the continent that has a unified grid that is around seven times the size of the GB Grid system. The limited scale of the GB Grid has much greater volatility with frequency excursions from intermittence, creating a condition where unequal partners exist with security. As this winter has shown, we are now beholden to the EU. Historically the UK has had a 2GW interconnection with France that over the last decade has now risen to 5GW that is expected to double by 2023. This rapid rise is a consequence of having an offshore wind programme whose generation must be absorbed onto the GB Grid system unless prohibitive constraint payments are to be endured. Experience indicates that exported power, under duress, is invariably sold at depressed prices.
7. Inevitably all this largesse must be paid for, ultimately by the consumer. Such expenditure is not expected to lessen. Living standards have fallen over the past decade, essentially through the cost of energy where only a third is seen through power bills, the rest being absorbed via all the goods and services provided to the household. Even social payments are included. Notably these payments are outside the remit of parliament, avoiding public scrutiny. What is not obvious are the hidden costs in providing security precautions for such a brittle service as electricity supply.
8. As is evident with any product, in raising prices demand is reduced. A decade ago, system peak demands reached 60GW, currently they are in the region of 40GW for similar winter conditions under lockdown. Under normal conditions it would be hard to see how peak demands would have been met without continental imports as since 2013, insufficient plant margins have been kept for periods with anti-cyclones. Another observation with the scale of reduced demand is the social misery inflicted on those who are reliant on electric heating.
9. More than ever lifestyles are reliant upon secure power supplies. A timely reminder was given in the August 2019 power cut and ensuing traffic chaos, but sadly it is only when such incidents occur is any action prompted, despite numerous warnings with the deterioration of electrical supply security. The obvious reason is structural as decisions are being made by politicians, civil servants and accountants whose perspective and knowledge cannot embrace security. No longer do engineers make these decisions. Only with utilities can their expertise be found and then under the commercial imperative of a private company having to secure and reward their shareholders investment.



What all professional disciplines should acknowledge is the absurdity of concentrating so many household functions upon electrical supply. Quite apart from how the additional generation capacity is to be found, from a base that has ignored for so long the imperatives of secure dispatchable plant, in a circumstance without indigenous manufacture, it is simply wishful thinking. The gestation period for power stations is long and susceptible to delay when so many other nations would be seeking the same purpose. Longer term priority should be to exploit with a sense of urgency the new Small Modular Reactor nuclear technology, especially in having so much national expertise available. Another resource is tidal basin development where the dual additional purposes of storage and inertia provision for the grid system can be provided. It would be utterly senseless to force closure of the remaining coal resources now in operation.

Failure should not be rewarded as 'energiewende' has demonstrated. Germany has well exploited coal for its power supplies and now seen its highest domestic and small business charges in Europe with a disconnection rate no nation should envy. It has also significantly failed to reach its 2020 emissions targets of which little is now heard for this EU project. Compensation payments must be significant. Whether they retire their nuclear portfolio for 2023 and fulfil the Nord gas pipeline project remains to be seen. National self-interest should decide.

Derek George Birkett is a retired grid system control engineer with two decades of shift experience under both nationalisation and private ownership, having had previous employment on coal and hydro operations. He has also had project responsibility on installation and commissioning at five major coal and nuclear power stations across the UK from which chartered status was awarded. In retirement he has had published 'When Will the Lights Go Out?' and more recently 'Is Renewable Energy Affordable?' in a hardback and paperback edition.

Why Does Anyone Trust These People?

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

Everyone from the Queen to Lenny Henry and the Archbishop of Canterbury to Dolly Parton is apparently now an expert on `vaccines' and `vaccination'.

Celebrities glibly and enthusiastically offer reassurance and comfort. Listening to them all you'd think their wisdom was the result of years of study and investigation.

It isn't, of course.

I doubt if the celebrities who are busy promoting `vaccines' know any more about `vaccines' than they do about brain surgery.

I suspect that their apparent medical expertise is based on trust in those who control the mainstream media and who have managed to convince the innocent, ignorant and the desperately eager that the covid-19 experimental injections are safe, effective and necessary. The truth, of course, is that it was never promised that covid shots would prevent anyone getting covid or stop them spreading it if they did.

Meanwhile, independent medical experts are banned from speaking out.

The BBC, for example, is happy to promote the views of people who know as much about `vaccines' as I know about macramé but boasts that it refuses to give any time or space to medical qualified experts who question the promises being made and doubt the safety and efficacy of the `vaccines'.

Moreover, the independent experts are not only silenced, and refused any chance to air their views, they are also demonised, sneered at and lied about.

And naturally, of course, the pro-vaxxers refuse to debate any of the issues relating to covid-19.

The refusal of the mainstream media to allow time or space to independent experts who are questioning the vaccination myth is one big concern – a concern which, as I say, should surely cause bewilderment and doubt.

There are huge questions to be answered but none of the questions are being asked.

Will the people who have been given the mRNA jab still be entirely human? How much can you change a creature's DNA without affecting its classification? One drug company employee reportedly described mRNA `vaccines' as `hacking the software of life and installing a new operating system'.

Add in the very real problem of pathogenic priming, which I have yet to see discussed in the mainstream media, and the potential self-imposed travails of the gullible will be endless.

How do all the enthusiastic celebrities know that the covid-19 injections are safe and effective?

Well, unless they've all been hiding their lights under bushels and doing original research, I assume that their information comes from several sources: the Government, the media, the drug companies and the medical profession.

We can dismiss the government as a source of information. Ministers and politicians lie when they speak. And journalists have been bought in bulk – following the official party line on `vaccination' in return for massive Government advertising expenditure.

But I have been astonished at the way politicians and journalists have feted the vaccine-producing drug companies and their executives.

The world's drug companies have hardly earned our trust.

So, for example, in the UK, Pfizer was fined £84.2 million for overcharging the NHS by 2,600% and, in the US, Pfizer was hit with a $2.3 billion fine for mis-promoting medicines and paying kickbacks to doctors.

In 2014, AstraZeneca agreed to pay $110 million to settle two lawsuits brought by the state of Texas, claiming that it had fraudulently marketed two drugs. The Texas Attorney General, when he announced the settlements, said the company's alleged actions were `especially disturbing because the well-being of children and the integrity of the state hospital system were jeopardised'.

The average GP has 2,000 to 3,000 patients, and so if they give 2,000 double-jabs that's £50,000 in each doctor's bank account

Astra Zeneca had to pay $350 million to resolve 23,000 lawsuits and has been charged with illegal marketing, including corrupt data in studies for marketing a drug to children and a poorly run clinical trial that could have compromised patient safety and data reliability.

After years of investigations, Astra Zeneca paid a $520 million fine in the US and paid $647 million to settle global lawsuits.

Then, there is GlaxoSmithKline, known as GSK.

In 2014, for example, GSK was fined $490 million dollars by China after a Chinese court found it guilty of bribery. In 2006, GSK paid out $160 million for claims made by patients who had become addicts. In 2009, GSK paid out $2.5 million to the family of a three-year-old born with severe heart malformations. And in Canada, a five-year-old girl died five days after an H1N1 flu shot, and her parents sued GSK for $4.2 million. The parents' lawyer alleged that the drug was brought out quickly and without proper testing as the federal government exerted intense pressure on Canadians to get immunised.

In 2010, GSK paid out $1.14 billion because of claims over a drug called Paxil. And they settled lawsuits over a drug called Avandia for $500 million. In 2011, GSK paid $250 million to settle 5,500 death and injury claims and set aside $6.4 billion for future lawsuits and settlements in respect of the drug Avandia.

In 2012, GSK pleaded guilty to federal criminal offences including misbranding of two antidepressants and failure to report safety data about a drug for diabetes to the FDA in America. The company agreed to pay a fine of $3 billion. That was the largest health care fraud settlement in US history.

GSK is now helping to put together 60 million doses of the new Novavax `vaccine' at its famous Barnard Castle plant.

And Sir Patrick Vallance, the Chief Scientific Adviser in the United Kingdom worked for GSK between 2006 and 2018. By the time he left GSK, he was a member of the board and the corporate executive team. All of the fines and so on which I have listed took place while Vallance was working as a senior figure at GSK.

As I write, drug company Johnson and Johnson is reputed to be preparing to conduct clinical trials in new-born babies, infants and pregnant women. Still, no doubt the BBC and the rest of the rotten media will be enthusiastic and forget to mention that J&J had to set aside $3.9 billion after lawsuits related to it flogging baby powder contaminated with asbestos.

And then there was $8 billion in punitive damages in 2019 after the company failed to warn that one of its drugs could lead to breast growth in boys. And $2.2 billion in civil and criminal fines for the same drug.

Despite all this, the enthusiasm for more and more jabs continues to grow.

There is talk that children will start getting their jabs in August and most mothers say they are enthusiastic about this.

No one seems to care that health and life insurance companies have said that they won't pay out on deaths and injuries caused by the covid-19 injections because they're experimental.

Does the word `experimental' not concern anyone anymore?

The drug companies are having a wonderful time. Pfizer expects to generate $15 billion, or a quarter of its total revenue, from sales of its covid-19 `vaccine'. Moreover, the company says they expect there to be a long lasting need for covid-19 `vaccines' to combat new variants and boost waning immune responses.

Moderna is reported to believe that sales will reach almost $19 billion in 2021.

And executives are doing very nicely, thank you. For example, the boss of AstraZeneca was paid £15.4 million in 2020.

And then there are the GPs – happily jabbing anyone who will keep still.

I have for decades been documenting the way the pharmaceutical industry has bought the medical profession.

The big manufacturers are, of course, forever handing out huge sums to doctors.

But that isn't the only problem today.

GPs in the UK receive £12.58 for every covid-19 injection (that's twice the usual going rate for a `vaccination') and since two jabs are often recommended, that's over £25 plus another £30 if the jab has to be given to someone in a care home.

So, work it out for yourself.

The average GP has 2,000 to 3,000 patients, and so if they give 2,000 double-jabs that's £50,000 in each doctor's bank account.

Moreover, booster jabs are already planned for the autumn and I have no doubt that the injections will have to be repeated several times a year. So, that's effectively a bonus of £100,000 to £150,000 a year for keeping quiet about all the suspicions, reservations and side effects.

Oh, and most of the doctors won't actually have to do the injecting. Nurses and care assistants (largely paid for by the NHS) will do the actual work.

So, now you can stop wondering why doctors aren't speaking up and protesting about all this misplaced enthusiasm for experimental and entirely unnecessary jabbing.

The medical profession, like the media, has been bought and very well paid for its silence.

As with everything else in the covid-19 hoax, it's all about power and money.

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Sadiq Khan Serves Billionaires, Not Londoners

In 2015 Sadiq Khan nominated Jeremy Corbyn for Leader of the Labour Party but like many careerists in the history of the party, he began with a radical face to win support from the working class, but capitulated to the interests of the wealthy establishment once he gained power and influence.

by DR HEIKO KHOO

When Khan was elected Mayor in 2016, he sabotaged Jeremy Corbyn and supported a coup to force a new leadership election. This was orchestrated by sinister forces united around the hapless Owen Smith, who Jeremy soundly defeated.

Mayor Khan sold out the people to property lobbies serving the super-rich. Luxury housing complexes shoot up like mushrooms, while developers break their promises to subsidise social housing. Council housing was left to rot and countless community facilities have been closed or sold off. Piers Corbyn has campaigned for decades to ensure that major changes to council estates be put to ballots to let the community decide. By contrast, Sadiq Khan simply does not listen to the voices or votes of council tenants. He refused the right of 36 council estates to have a democratic ballot for or against demolition.

The Grenfell Tower fire disaster was caused by cladding designed to superficially beautify the skyline for the rich. Now, the government relaxed or removed a raft of planning restrictions to encourage more speculative investment while simultaneously creating the 'slums of the future'.

In 2017, Sadiq Khan hailed investment by Google, Facebook and Apple. Yet, these companies paid less than 3% tax on their UK profits. Khan's only major complaint against these big tech companies was about "fake news".

During the last year of covid lockdowns, venture capitalists invested more than $10bn US into London, but such funds are fickle investors. Khan is under the spell of the dystopian technological visions of so-called "smart and safe cities", in which 5G provides the communications infrastructure to enable real time control over robots guided by man or artificial intelligence. The people of London have not been party to any discussions, debates or votes on the significance, deployment or impact of this fourth industrial revolution. Nobody was asked if they want autonomous vehicles, policing by drones, and robot dogs, or ubiquitous facial recognition systems, just as nobody was asked if they wanted to spend a year locked down.

In the autumn and winter, rather than calling on Londoners to find a way out of the economic and health crisis, Khan demanded even harder lockdowns, arrogantly ignoring common sense and the voices of critically minded experts.

The Mayor made no attempt to mobilise the energy, wisdom and public spirit of the people in a collective effort to decide what measures might be appropriate or proportionate to protect public safety and health.

The Mayor should have studied London's history. The practical science of epidemiology emerged from the fight against Cholera in London in 1854. Investigators entered epidemic hotspots examining the conditions that gave rise to illness and death. In March 2020 the Mayor should have brought together health officials, trade unions, businesses, tenants, medical students and community volunteers to deal with the crisis.

Committees of Public Safety should have been formed to protect the health and welfare of the people, while maintaining an open and democratic debate between the community, the city, and the national government about the societal impact of all measures. The government's bizarre press briefing that imposed dictatorial control over the people should have been opposed from the start.

Bureaucratic and corporate interests made one catastrophic balls-up after another. No serious effort was made to reduce hospital acquired infections by means of the obvious - adequate ventilation. This caused between 10-20% of "covid-19" cases in hospitals. Hospitals became covid wards, while tens of thousands of people needlessly died at home from non-covid related illness.

The closure of London wrecked the economy, social life, the NHS, business, education, etc. Sadiq Khan did nothing to help. He did not even distribute Vitamin D or instruct TFL to open the windows in the tubes and buses.

Instead, the Mayor's office supported insane measures demanding that everybody keeps 2-metres apart from each other in the open air. All over London pavements were widened, causing traffic chaos whenever people started to drive again.

The government falsely claimed that asymptomatic people transmit covid. Our children were treated like plague rats. We were told that the endless ritual of sanitising our hands is a significant public health measure in covid control but there is no evidence that people catch covid-19 from touching surfaces, if at all.

The Met police became agents of the covid dictatorship and were asked to prevent normal human contact. Some commanders employed semi-militarised tactics with disastrous results. Throughout the year, those fighting this madness were brutally mistreated and beaten. We demand a full public inquiry into the policing of London over the past year. The police must be made fully accountable to the communities that they serve.

The lockdowns caused TFL's income to collapse. In response the government demanded a congestion charge increase and its extension to 7 days a week. Sadiq Khan should have refused this madness as it will further wreck the West End economy. Now he wants to extend ULEZ (Ultra Low Emissions Zone) across the whole of London (enclosed by the North and South Circular roads) which will increase the length of journeys, causing more pollution and even more hardship to struggling businesses.

It is up to Londoners to decide whether to put up with more of the same, or to Let London Live again.

How come footballers can hug and kiss without masks and be in groups of 20 or more but we can't hold grandma's hand as she's dying?

How many true grassroots movements are praised in the mainstream press and broadcast media?

If vaccines never maim or kill, why have there been over £74 million in Vaccine Damage Payments since 1978 in the UK?

When was the last time a politician resigned?

How many humans do the Georgia Guidestones say is ideal to be allowed to live on earth?

If there was a conspiracy to rule the world and enslave mankind, how would you know?

THE LIGHT

If we have to stay 6 feet apart in case of contagion, why do they have to ram a swab up the back of your nose to see if you're infected?

Why is it ok for film crews to travel but not those who just want to see their loved ones?

THE LIGHT

Can you be lawfully raped or murdered by any designated agent of the state in Britain today?

Does it matter Which mainly party you vote for?

THE LIGHT

Which Professor repeatedly, massively, wrongly predicted the numbers of deaths from swine flu, bird flu, mad cow disease and as well as covid-19?

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Do Secret Courts exist in Britain today?

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Who was aboard the Titanic who might have opposed the Federal Reserve Act 2013?

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What do you call Orthodox Jews who burn the flag of Israel?

If geoengineering has been openly admitted by many sources including the U.S Airforce, why do most people blame extreme weather events on 'man-made climate change'?

THE LIGHT

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we can live stream now, what do or exactly?

Has science ever proved diseases are contagious?

Who signed the Balfour declaration in 1917 and what was it about?

Where did all the terrorists go? Did they all get covid?

Who is the Remembrancer?

How much are war criminals Tony Blair and Barack Obama worth?

Why don't the City of London, Washington D.C. and Vatican City have to abide by the laws of the countries they're in like everyone else?

How many companies own all the media in your country?

How many people were murdered by their own government in the 20th century?

It is well-known oxygen is beneficial for animals, can you explain why carbon dioxide is not beneficial to trees and plants?

Remember when journalists questioned the government instead of regurgitating their sanctioned press releases and fighting anyone who disagreed?

If diversity is the goal, why mix everything together?

What was the average amount embezzled by MP's in the expenses scandal?

How many planes brought down WTC7 (The Salomon Brothers' building) on 9-11?

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Truth Pursuit

CURIOSITY EDITION

HOW TO PLAY

Answer all the questions

SCORING:

3 pts - Answer known straight away

2pts - Answer found after looking up

1pt - A good guess

-1pt - Never bothered looking it up.

Once you have all the questions correct, you know a lot more about what is really going on in the world than 95% of people.

Gibraltar Stands Up Against Apartheid

by **FREEDOM GIBRALTAR**

Against the backdrop of a World Cup Qualifier football match on Tuesday 30th March (and following the government of Gibraltar's claim to be the first 'fully vaccinated' population) those protesting against the government's controversial decision to deny entry to anyone unable to prove having had a double-dose of the covid-19 'vaccine' made a stand. A 20-metre long banner was unfurled atop a multi-storey car-park overlooking the stadium hosting the match. Clearly visible by spectators and media alike, live Sky Sports and Dutch television cameras caught the whole scene; the message was unequivocal.

A spokesperson said: "This is the third sporting event in recent weeks (including the highly-anticipated international boxing match between Whyte and Povetkin), where those unable to have the injection for medical reasons, reasons of conscience or ethical considerations were denied access. This is a clear breach of Council of Europe resolution 2361 (2021), passed in January 2021, which states that all members of the public must be informed that no vaccine is mandatory; furthermore, those who may refuse the vaccine must not be discriminated against.

The UK and therefore Gibraltar is a member state who must adhere to Council of Europe decrees and to publicly flout this resolution in such a blatant, undemocratic and discriminatory manner is simply staggering. Protesters have called upon the Council of Europe to address this breach to ensure it never happens again. Perhaps this is a test situation to see if such breaches will be dealt with; failure by the Council of Europe to discipline governments refusing to adhere to their directives would 'open the floodgates' to similar behaviour and help create a two-tier system which can only be described as apartheid.

When elected officials act above the law and without the best interests of their constituents at the heart of their decisions, then they are no longer upholding their oath of office. The puppet master behind the removal of civil rights (under the thinly-veiled guise of public safety) is non-local, non-elected Director of Public Health Dr. Sohail Bhatti, who has 'form' on mandating vaccines: In 2010 he called for refusal of entry for unvaccinated schoolchildren in Lancashire; a move which was called "totalitarian" by local doctors and rejected by the local authority as it would necessitate a change in the law.[1]

His drive to mandate vaccines, an approach not supported by The British Medical Association[2] illustrates clear bias: concerns are that Gibraltar is being used as a 'test-bed' both in terms of experimental 'vaccines' and control of the population through removal of rights. Dr. Bhatti was responsible for issuing directives regarding mask mandates that were ultra vires and which government ministers failed to challenge. That a country can allow an unelected individual, with no local knowledge to make law by his very utterance has significant implications for democracy and human rights in Gibraltar.

The protesters call for Dr. Bhatti to be removed from his position, claiming he is not fit for office, has abused his position of power and trust and has shown a callous disregard for the civil rights of Gibraltarians, whilst fulfilling his own dangerous 'one-trick-pony' agenda.

[1] https://www.lancashiretelegraph.co.uk/news/8488242.east-lancs-doctor-ban-non-mmr-kids-school/

[2] http://news.bbc.co.uk/2/hi/health/3023538.stm

Only The Vaccinated Being Evacuated From St. Vincent Eruption

by **JERUSALEM POST STAFF, REUTERS**

The decision does not appear to be the prime minister's, but rather was made by the neighbouring island nations of Barbados, Grenada, Antigua and St. Lucia.

Only those who have received the covid-19 vaccine will be able to safely evacuate from St. Vincent after the Caribbean island nation's La Soufriere volcano erupted on Friday, Prime Minister Ralph Gonsalves said in a press conference on Saturday 10th April.

Giving a press conference with his face visibly welling up with tears, the Vincentian prime minister explained that cruise ships had volunteered to transport the island's residents to nearby Caribbean islands for shelter, but only vaccinated people would be allowed to board.

"The Chief Medical Officer would be identifying the persons already vaccinated so that we can get them on the ship," he told reporters.

He explained the cruise ships "don't have enough personnel" to keep people on the ships, but can transport them.

The decision does not appear to be his, but rather was made by the neighbouring island nations of Barbados, Grenada, Antigua and St. Lucia, which said they would only accept fully vaccinated refugees.

The island nation is home to some 100,000 people.

On Thursday 8th April, the country began to take precautions, and had ordered the evacuation of homes in the northern parts of the island due to a possible risk that La Soufriere could erupt.

The volcano had been dormant since 1979, with its last eruption causing around $100 million in damage. In 1902, an eruption killed over 1,000 people.

The Friday eruption caused ash and smoke and plunged the neighbouring area into near total darkness, blotting out the bright morning sun, said a Reuters witness, who reported hearing the explosion from Rose Hall, a nearby village.

Smaller explosions continued throughout the day, Erouscilla Joseph,

director at the University of the West Indies Seismic Research Centre, told Reuters, adding that this kind of activity could go on for weeks if not months.

"This is just the beginning," she said.

The eruption column was estimated to reach 10 km. (6 mi.) high, the seismic research center said. Ash fall could affect the Grenadines, Barbados, St. Lucia and Grenada.

Local media have in recent days also reported increased activity from Mount Pelee on the island of Martinique, which lies to the north of St. Vincent beyond St. Lucia.

Map above: Kmusser/Mi.Ki Photo: @_ItsMeONi on Twitter

It's Always The Economy, Stupid:
China's Belt & Road Behind Geopolitics

by **DARREN SMITH, PEPE ESCOBAR & JESS PETERS**

What might sometimes be forgotten in the hysteria about the now almost completely-revealed plans for the 21st Century Permanent Technocratic Enslavement of mankind, is that total control over the production, movement and utility of everything on earth including humans, requires massive infrastructure, hence the Belt and Road Initiative (BRI).

China/Russia supporter Pepe Escobar wrote on March 29th as China and Iran signed their 25-year strategic trade deal in Tehran on Saturday March 27th:

"The timing could not have been more spectacular, following what we examined in three previous columns: the virtual Quad and the 2+2 US-China summit in Alaska; the Lavrov-Wang Yi strategic partnership meeting in Guilin; and the NATO summit of Foreign Ministers in Brussels – key steps unveiling the birth of a new paradigm in international relations.

The officially named Sino-Iranian Comprehensive Strategic Partnership was first announced over five years ago, when President Xi Jinping visited Tehran. The result of plenty of closed-door discussions since 2016, Tehran now describes the agreement as "a complete roadmap with strategic political and economic clauses covering trade, economic and transportation cooperation."

Then further, in 'How Eurasia Will Be Interconnected' he wrote on April 2nd:

"The extraordinary confluence between the signing of the Iran-China strategic partnership deal and the Ever Given saga in the Suez Canal is bound to spawn a renewed drive to the Belt and Road Initiative (BRI) and all interconnected corridors of Eurasia integration.

This is the most important geoeconomic development in Southwest Asia in ages – even more crucial than the geopolitical and military support to Damascus by Russia since 2015.

Multiple overland railway corridors across Eurasia featuring cargo trains crammed with freight – the most iconic of which is arguably Chongqin-Duisburg – are a key plank of BRI. In a few years, this will all be conducted on high-speed rail.

The key overland corridor is Xinjiang-Kazakhstan – and then onwards to Russia and beyond; the other one traverses Central Asia and Iran, all the way to Turkey, the Balkans and Eastern Europe. It may take time – in terms of volume – to compete with maritime routes, but the substantial reduction in shipping time is already propelling a massive cargo surge.

The Iran-China strategic connection is bound to accelerate all interconnected corridors leading to and crisscrossing Southwest Asia.

Crucially, multiple BRI trade connectivity corridors are directly linked to establishing alternative routes to oil and gas transit, controlled or "supervised" by the Hegemon since 1945: Suez, Malacca, Hormuz, Bab al Mandeb.

Persian Gulf traders, in hush hush mode, also drop hints about the project for Haifa to eventually become the main port in the region, in close cooperation with the Emirates via a railway to be built between Jabal Ali in Dubai to Haifa, bypassing Suez.

The most interesting short-term development is how Iran's oil and gas may be shipped to Xinjiang via the Caspian Sea and Kazakhstan – using a to-be-built Trans-Caspian pipeline.

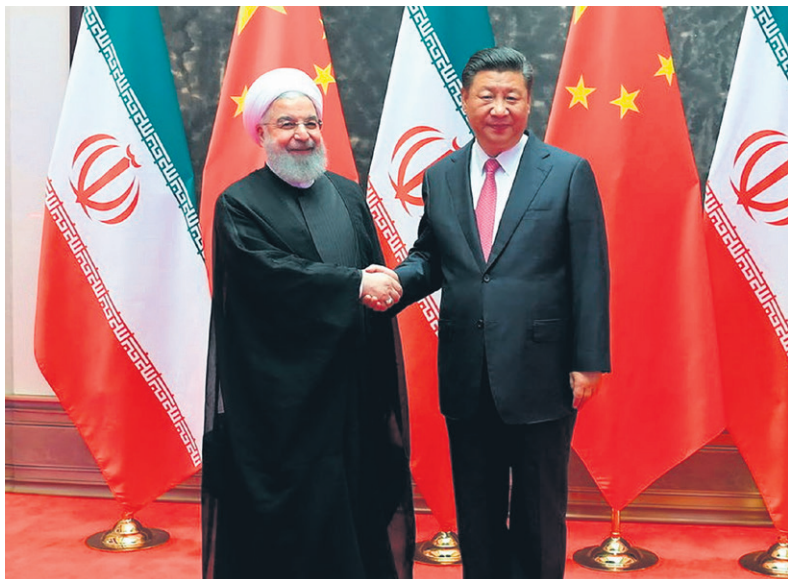
That falls right into classic BRI territory. Actually more than that, because Kazakhstan is a partner not only of BRI but also the Russia-led Eurasia Economic Union (EAEU).

From Beijing's point of view, Iran is also absolutely essential for the development of a land corridor from the Persian Gulf to the Black Sea and further to Europe via the Danube.

It's obviously no accident that the U.S. is on high alert in all points of this trade corridor. "Maximum pressure" sanctions and hybrid war against Iran; an attempt to manipulate the Armenia-Azerbaijan war; the post-colour revolution environment in both Georgia and Ukraine – which border the Black Sea; NATO's overarching shadow over the Balkans; it's all part of the plot."

Now while Escobar portrays this as a coming World War 3 between East and West, those who are aware of the real centres of power and shakers of nations know that while China is 'in bed with' Iran, it also has massive close connections with Israel (see box on right), so it is likely the resurgence of the 'tensions' between Iran & Israel is a smokescreen cover for what is really going on – the final establishment of the new industrial and technological powerhouse that will connect Beijing to Haifa and on into Europe.

Superports, High speed Rail links (HS2 in the UK) and the geofencing of much of the population is how most will experience it. Couple it with the introduction of an all-digital currency system based on social compliance following the inevitable collapse of the precipitously over-leveraged current financial system where trillions of dollars are being created to paper over the final collapse of the Bretton-Woods/petrodollar system, and we are witnessing the birth of a new world reserve currency.



TIMELINE OF ISRAEL-CHINA TIES

1979: After China and United States established diplomatic relations China started engaging in unofficial ties with Israel.

1980: China and Israel start building military ties after the Soviet-Afghan war, where both countries were supplying weapons to the Afghan Mujahideen.

1987: PM Shimon Peres set up Copeco Ltd. to establish/foster commercial activities between Chinese and Israeli companies, which ran until diplomatic relations were established between both countries in 1992.

1992: China and Israel establish diplomatic relations with the Bilateral, Economic & Trade Joint Committee.

1994: Over 40 Chinese companies enter into the Israeli contracting and labour market.

2001: Israeli enterprises invest in 97 projects in China, with a total contract value of $130 million.

2010: China plays an essential role in the production of kosher foods for the American and Israeli markets, being the fastest growing producers in the $10 billion dollar industry, China is home to over 500 kosher factories.

2013: PM Benjamin Netanyahu signs five agreements during his visit to China. The G2G (Government to Government) mechanism was established and five task forces were set up in high tech, environmental protection, energy, agriculture and financing.

2017: China signs a $300 million deal with Israel to create Lab-Grown meats and exchange tech and expertise for 'green' energy and mega-agriculture industries.

China is Israel's third largest worldt trading partner.

Israel is China's second-largest foreign supplier of arms, after Russia.

China and Iran have just signed a 25 year energy and trade deal.

'The world is a business, Mr. Beale'.

For Britain: Far Right Fascists Or Old School conservatives?

It might seem strange to consider a party that wants to preserve its country's traditions, borders, ancient values and free way of life as 'hard right nazi fascists', but that is the reaction from the media at any mention of Anne Marie Waters and her 'For Britain' party.

by **DARREN SMITH**

As champions of free speech and open debate, we wanted to find out the truth, which is normally replaced by bluster, propaganda and outright lies nowadays, hindering any calm discussion of important subjects such as the future direction of our country, and with it how our childrens' lives will be shaped.

Can you tell us a bit about your background and upbringing, schooling and pre-political life?

I grew up in inner city Dublin and went to a Catholic convent school (I'm agnostic). I moved around a little bit after school; working as an au pair in Germany and spending a couple of years in the Netherlands before doing a journalism degree in Nottingham. Following that, I moved to London where I did a law degree while working full time as a secretary in the NHS. I worked in the health service for nearly 10 years. After around 20 years in London and Essex, I moved to the Northeast. I now live in Hartlepool, where I've put down my permanent roots – one of the best things I've ever done.

How did you get into politics?

It was in the NHS that I came in to politics. I was a Unison rep and joined the Labour Party. I became active in Labour when I lived in South London and held several posts, including branch chair, constituency secretary, and borough secretary for Lambeth Labour. I have never been a 'socialist' (and I maintain that most members weren't, and certainly not voters), but I felt it was the right place for me given Labour's previous record of standing for working class people. However, as time went on, I realised this was far from still being the case. I changed as I grew older, but so did the Labour Party. I could see it being pushed to the hard left and I knew I wanted nothing to do with that. I also knew it had turned its back on the people of Britain; its primary concern was other countries, not Britain. It was also the architect of 'multiculturalism' and in being so, turned its back on women and girls and did nothing about horrors committed against us. These horrors are not limited to rape gangs, but include child marriage, FGM, sharia and a long list of others. I could no longer stay in the party in any good conscience.

Any political heroes?

It's hard to say, but historically I'm a great admirer of Winston Churchill.

In modern politics, there isn't much to choose from, but I do like Donald Trump for his straight-talking.

Did you do the typical young leftie/green thing?

Yes, unfortunately! In those days though, I didn't understand it the way I do now. I know now that socialism and communism are totalitarian systems and simply do not work economically. I always believed that we should all be treated equally with the same opportunities, and still do, but there's a big difference between equality of opportunity and equality of outcome In life, we get out what we put in. We are responsible for our own lives. My primary belief now is in the liberty to take control of our destinies and to exercise power over those who govern us. I'm a democrat who values my civil liberties, including my right to speak, above all other matters in politics.

What is the core message of your party?

My vision is fairly simple. I want a Britain of free people who are governed with common sense and respect for the truth. Politicians should tell the truth, the media should tell the truth, and the people should vote based upon it. It is fundamental to me that politicians act in the interests of those they represent, not strangers from the other side of the world. We are miles from that today. The media labels all who want to act in Britain's interests as 'racist' and it's a dangerous lie that has skewered our society and turned it against itself.

What do you think of the current non-pandemic and attempted total surveillance state?

It's still genuinely hard to believe that this has happened. I'm not a scientist but nor is Boris Johnson and it is his job to listen to all scientific views and act in the way that causes least harm to the country. What has happened instead is the silencing of doctors and scientists who disagreed with the view that the country should 'lock down' and experimental vaccination was the only way out. It's incredible to watch. Bill Gates and the big pharma companies make billions from vaccination, and we've just not been allowed to argue against it. Social media, like mainstream media, has closed down all debate. We are now hurtling towards absolute control via technology. Digital records of our lives are now a looming reality. We're on the precipice of a China-like society of social credits; societies in which we will be monitored all the time and if we step out of line, or dissent from the government view, we will be punished with loss of our basic needs. It's a dystopia and it is right in front of us. It has been coming for a long time, but covid has conveniently brought it all in to shape. It has destroyed independent business and massively increased state dependency - exactly the scenario needed to impose full state control. We will have to fight to get our freedoms back. I want For Britain to be at the forefront of that fight.

Why should anyone bother with the current party political system, isn't it all sewn up?

It sometimes seems that way, but if we give up, the establishment has won. Whether we like it or not, power sits with those in the elected chambers and that is where we need to be if we are to give Britain back to its people. It is simply impossible that the Labour/Tory duopoly will last forever. It has to change at some point, why not now? The power to change it is in our own hands, we just have to believe that, and continue to believe it. All we need to do to fix our country is tick different boxes at election time. The ballot box still belongs to us, we must make use of it.

Why should we vote for your party?

Because we are in this for the people of Britain, and we desperately want to rebuild our broken country. We want to bring back British culture and values and insist that these be preserved. We will work in the interests of the people of Britain. We will tell the truth about what is going on around us, and use our good old fashioned common sense to fix what is wrong, no matter how difficult, and no matter what the corrupt media has to say about it.

Covid Treatment Reduces Death By 70%

Since March 2020, covid-19 deaths and fear of the virus have paralysed the world, destroying lives and livelihoods.

Yet, to date, remarkably few treatments have been identified and shared by world health authorities to reduce hospitalisations and deaths linked to the disease.

In spite of this vacuum, many doctors have been quietly but successfully using a medicine called Ivermectin to treat covid-19 patients.

In the past year, the list of countries that use Ivermectin for the prevention and treatment of the virus has grown to include the Czech Republic, Bolivia, Honduras, India, Peru, Slovakia, South Africa, and Zimbabwe, among others.

And based on the latest evidence, doctors and scientists are now calling for Ivermectin's approval in every country of the world.

Ivermectin is a medication that has been widely used for around forty years to treat parasitic infections in adults and children. It is considered safe and effective and is notable for

by **VICKY POWELL**

its antiviral and anti-inflammatory properties. More than 3½ billion doses of Ivermectin have been given worldwide. It is included in the World Health Organization (WHO) Model List of Essential Medicines and in 2015 its discoverers won a Nobel Prize in Medicine for the drug.

In December 2020, Dr Tess Lawrie, a medical doctor and researcher based in Bath, who runs the Evidence-Based Medicine Consultancy (E-BMC), became interested in the Ivermectin story after having seen Dr Pierre Kory pleading with the US State Senate to allow doctors to prescribe Ivermectin for use against the coronavirus.

As an experienced researcher, her curiosity was piqued, and after examining the studies that Dr Kory referenced and writing a preliminary report of her findings, Dr Lawrie and her team of experienced researchers at the E-BMC reviewed and assessed the evidence on Ivermectin for covid-19 and shared it widely in the UK and internationally.

The stark evidence from the E-BMC review team showed that people with covid-19 who were treated with Ivermectin were approximately 70% less likely to die than people who didn't receive Ivermectin.

In practical terms this means that, in a hospital where nine people out of a 100 die from covid, Ivermectin could reduce this number to three per 100. The review also shows that symptoms of the virus were less likely to worsen if a person received Ivermectin.

In addition, the researchers also found clear evidence on the use of Ivermectin for prevention of covid-19 among people at high risk of infection, such as health care workers and covid-19 contacts. This showed that Ivermectin may prevent 4 out of every 5 covid infections among these high-risk groups.

In February 2021, Dr Lawrie presented the evidence to a panel of covid experts, including Dr Pierre Kory from the FLCCC in the USA and Dr Hector Carvallo from Argentina, other health professionals and patient representatives at the British Ivermectin Recommendation Development (BIRD) meeting.

After hearing the evidence, the 65-strong BIRD panel recommended that Ivermectin be implemented immediately for the prevention and treatment of covid-19.

Dr Lawrie's team then urgently shared the BIRD recommendation with the relevant UK policy and decision makers – including Public Health England (PHE), the National Institute for Health and Care Excellence (NICE), the Medicines and Healthcare products Regulatory Agency (MHRA), as well as other regulatory bodies and implementers.

The BIRD recommendations have also been sent to the WHO, the United States National Institutes of Health (NIH), the Food and Drug Administration and other influential health organisations.

The meta-analysis that Dr Lawrie produced along with six other authors was sent to the Lancet Respiratory Medicine, where it went through four peer reviews and looked like it should be published. The reviewers were all happy, but the team was told that Lancet Respiratory Medicine would not publish the paper. In a response which baffled the research team, a "lack of evidence" was alluded to.

So why is Ivermectin not getting approved in the UK? The public will make their own minds up about that.

But you can help by doing your own research, talking to your GP, writing to your MP and talking to people you know about Ivermectin.

In South Africa, where Dr Lawrie was born and completed her first medical degree, there was a saying which gave comfort and direction throughout the dark days of apartheid: "Amandla – awethu!"

It means, "Power – to the people".

Treatment:

swprs.org/on-the-treatment-of-covid-19/

www.bird-group.org

Vitamin B12 And Its 'Coincidental' Deficiency Symptoms

Vitamin B12 is one of eight 'B-Complex' Vitamins and is involved in the metabolism of every single cell in the human body. One of the key factors exacerbating B-Vitamin depletion in our body is stress. The nervous system needs a good supply of B vitamins and magnesium for its functions. During times of stress the nervous system is more active and hence needs more nutrient support.

Poor diet choices and excess alcohol intake severely depletes the body of many nutrients and particularly B12, as do many prescribed pharmaceutical drugs. One common problematic medication is the ever-increasing dependency on Proton Pump Inhibitors and Antacids. These drugs neutralise the effect of stomach acids - your body needs gastric acid to activate certain enzyme reactions to absorb vitamin B12. Hence, using antacids on a long-term basis may result in the malabsorption of vitamin B12.

Stores of vitamin B12 in the body can last around 2 to 4 years without being replenished, so symptoms of deficiency can typically take between 3 to 5 years to manifest, and are only apparent once the reserves in the liver have become depleted. Hence at this stage someone is significantly low in B12 and the deficiency needs addressing rapidly to ensure no permanent nerve damage occurs.

by **JENNIE COLLINGE**

The water solubility of the B-Complex vitamins means that any excess is excreted and not stored (ie:- excreted by going to the toilet or sweating), therefore they must be continually replaced. This is a key point to make with problems relating to Vitamin B12 deficiency.

Some B12 Deficiency Symptoms:

- extreme tiredness (fatigue)
- shortness of breath
- chest pain or tightness
- problems with memory and concentration ('brain fog')
- difficulty sleeping (insomnia)
- heart palpitations
- dizziness
- pins and needles
- joint pain
- depression and anxiety
- tinnitus, earaches
- feeling sick, diarrhoea, stomach aches, loss of appetite
- a high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- rashes

Miraculously the symptoms above are on the NHS webpage as the long-terms effects of covid-19 also known as 'long covid'. The symptoms above are identical to those with a Vitamin B12 deficiency

Even more revealing is that many symptoms of vitamin B12 deficiency are reminiscent of covid-19 infection such as elevated oxidative stress, respiratory and gastrointestinal disorders and central nervous system impairment.

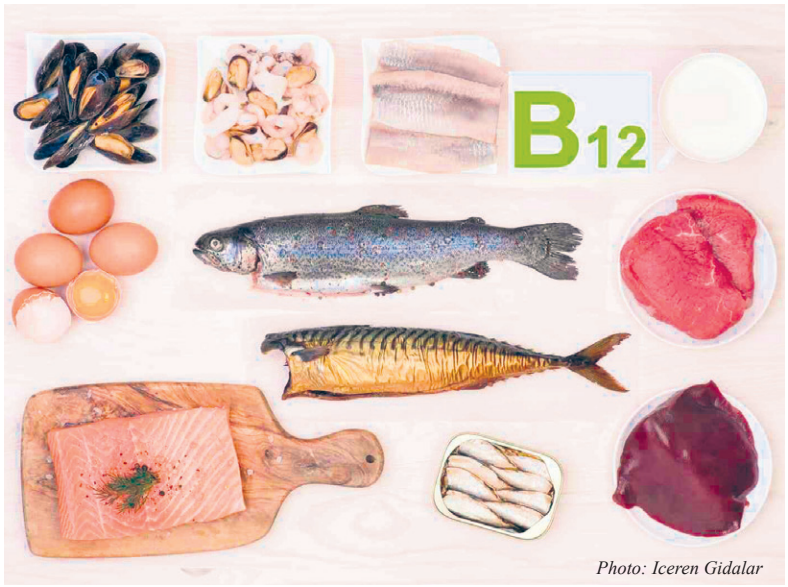


Photo: Iceren Gidalar

Many studies have linked vitamin B12 deficiency to severe covid-19 cases and difficulties in their treatment. When we consider that the elderly are most commonly found to have low B12 levels and also people from the BAME community, as many adopt a vegetarian or vegan lifestyle, and people with chronic illnesses such as diabetes; all of these have difficulties in absorbing or acquiring sufficient B12 without supplementation, so it's no wonder this group of people have less chance of their immune systems recovering from illnesses.

As a useful reminder; essential vitamins for the immune system are; Vitamin D3, Vitamin C, Zinc and all 8 of the B-Vitamins particularly B12 should you have a deficiency. If you follow a healthy, balanced, nutrient dense diet you should not be depleted of any of these important nutrients. If you are nutrient deficient due to illnesses, medications or follow a vegan or vegetarian diet then please seek nutritional advice.

https://pubmed.ncbi.nlm.nih.gov/33257090/

https://pubmed.ncbi.nlm.nih.gov/33657459/

https://pernicious-anaemia-society.org/pernicious-anaemia/long-covid-and-pernicious-anaemia/

https://www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid/

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https://www.hra.nhs.uk/planning-and-improving-research/application-summaries/research-summaries/vitamin-d-and-b12-levels-a-clue-to-severity-of-respiratory-covid-19-covid-19/

https://www.bmj.com/content/370/bmj.m3058/rr-0

Is Sugar A Chemical Weapon?

by **LOUIZE SMALL**

Sugar has been demonised for years now but still we continue to consume it like there's no tomorrow. The health-conscious may choose to substitute artificial sweeteners instead but how wise is that really? We may save ourselves some cavities but lab-created chemicals such as aspartame and saccharin can create a plethora of new diseases and chronic illnesses.

When sugar was first discovered it was used in its pure, natural form. As a wholefood, sugar cane is a complex carbohydrate containing essential trace minerals and can form part of a well-balanced diet. These days the crop undergoes such intensive processing that all the goodness is removed, rendering it a nutrient-deficient indulgence. The negative effects of too much sugar are well known; it rots teeth, creates mood swings and cravings, causes diabetes, feeds cancer and leads to obesity. So why do we love it so much?

We crave sugar because the brain needs glucose to function. A chocolate bar or sweet snack can give us a quick boost of energy while on the go. These 'treats' are readily available, relatively cheap and highly addictive. The brain reacts to sugar the same way it responds to cocaine; the reward centre in your cerebral cortex is stimulated but your body is unsatisfied so your brain cries out for more.

The first chemical sweetener, saccharin, was discovered by accident in 1884 but didn't become popular until sugar supplies dwindled in the First World War. Cyclamate followed in much the same way in 1937 and was popular with dieting housewives in the 1950s and 60s. The two sweeteners are often blended together as they counteract each other's unpleasant aftertastes. Both have been subject to controversy over the years and cyclamate is banned in the U.S. due to concerns about its carcinogenic properties. Saccharin (Sweet'N Low) is illegal in Canada.

Acesulfame-K is another widely used chemical sweetener with similar properties to saccharin. While its use is approved in many countries, there are studies that indicate it is genotoxic and harmful to beneficial gut bacteria. Evidence shows that artificial sweeteners can cause insulin resistance, changes to metabolic function and weight gain – an undesirable and unexpected consequence for calorie-conscious dieters who choose sweeteners for the exact opposite outcome.

Aspartame, one of the most common sweeteners in the U.K., has 92 listed adverse effects. These health implications can be sudden and severe (blindness, seizures, brain damage, death) or slow and steady (personality changes, hearing impairment, depression, fibromyalgia, arthritis). It was known in the 1960s that aspartame causes neurological disorders and it has a tainted history of approval. When it was introduced to American consumers in 1983 there was a 10% jump in brain tumours within six months; a 30% increase in diabetes and a 60% increase in brain lymphoma.

Photo: Robert Anasch

In 1984, with former U.S. politician Donald Rumsfeld at the helm, pharmaceutical giant G.D. Searle manipulated aspartame research data to produce a favourable outcome. Some of the animals in the study developed tumours but instead of noting the results accurately, scientists removed the growths and the animals continued in the trial. Other animals died but were falsely recorded as surviving the study.

Participants in another experiment complained of feeling poisoned and the study had to be stopped. Aspartame is not recommended for those with mood disorders as it can aggravate psychiatric conditions and increase suicidal thoughts. One researcher said: 'I know it causes seizures. I'm convinced that it also causes behavioural changes. I'm very angry that this substance is on the market.'

Photo: Dora Cavallo

Aspartame is composed of aspartic acid, phenylalanine and methyl ester, which immediately converts to methanol, formaldehyde (which wreaks havoc with DNA) and formic acid. It breaks down into diketopiperazine (DKP), a known brain tumour agent. Phenylalanine can cause ADD/ADHD and irreversible brain damage, which is extremely concerning considering it is in so many drinks and sweets regularly given to children because their parents believe it is healthier than sugar.

Janet Hull, a leading expert on environmental toxicity, who cured herself from Graves' Disease by removing aspartame from her diet, says: 'If you go to the doctor and they cannot find the cause of your symptoms, it's probably caused by your diet, environment or both.' Her eponymous website hosts a wealth of information on toxic sweeteners and you'll find numerous testimonies from people with all manner of seemingly untreatable illnesses who have benefited from her years of research.

Dr Betty Martini campaigns to remove aspartame from the market; she cites 12,000 cases of aspartame poisoning and speaks of many people whose symptoms disappeared when they stopped consuming it. On her website (mpwhi.com) you will find an article titled 'Pilot Aspartame Alert' by neurosurgeon Russell Blaylock. It's an interesting read and references several pilots who died due to their heavy consumption of diet drinks. Blaylock warns of the serious consequences of flying an aircraft while under the influence and a contributor to the piece mentions pilots who have experienced 'absent seizures, blackouts and serious errors in judgement' due to their aspartame habits.

So what is the remedy if sugar is bad and artificial sweeteners are potentially worse? There are many natural alternatives on the market if you really can't eliminate sweet treats from your life. There's never been a better time to be healthy as new products emerge in a steady stream and homemade recipes are easy to access online. It may be a case of trial and error before you find something you like but it is worth persisting with. Fizzy drinks are difficult to substitute but perhaps try sparkling water with freshly sliced lemon and lime – it is natural and the citrus fruits have health benefits, too.

It's about retraining your palette to accept new flavours. Coconut sugar is an excellent replacement in baking and hot drinks. Maple syrup, honey and agave nectar can be used when a drizzle or a glug is required. Stevia is good (but avoid the heavily processed stuff) and date sugar is about as natural as you can get. Failing that, try eating fruit more regularly to satisfy those cravings. Small changes work wonders to form long-lasting habits. You'll thank yourself later.

Vaccine Passports Can Drive Digital Identities - WEF Panel

A digital identity encompasses everything that makes you unique in the digital realm, and it is a system that can consolidate all of your online activity data, including which websites you visit, your online purchases, health records, financial accounts, and who you're friends with on social media.

It is also a scheme that, when used by authoritarians like in Communist China, enables a dystopian social crediting system where freedom is granted and restricted based on how citizens behave and who they associate with in both the physical and digital worlds.

On April 7th 2021, the World Economic Forum's (WEF's) Global Technology Governance Summit held a virtual session called "Scaling up Digital Identity Systems" wherein world leaders opined on how to best convince people to go along with digital identity schemes.

The WEF has been pushing digital identity under the banner of its 'great reset' agenda since its official launch in June 2020, in which the globalist think tank envisions worldwide adoption of digital IDs through 'public and private partnerships'.

During today's session, the speakers made a lot of positive points on how digital identities are being used by various governments around the world to make life more convenient for their citizens, such as delivering essential goods and services at lightning speed while maintaining a high level of cybersecurity every step of the way.

The panelists did not discuss how digital identity schemes could be abused by governments and corporations.

However, the panelists agreed that the biggest obstacle to digital identity adoption, at least in the US, was a lack of trust in government. Therefore, much of the session was dedicated to how to win over the people and get them onboard with handing over their personal data to the government.

Sandra Ro, CEO of the Global Blockchain Business Council, told the panel that everything ID-related in the US was politicized, which presented obstacles to trust in digital identity adoption.

"In terms of increasing trust, I think it's a very different mosaic in the US from maybe even 10 years ago," she said, adding, "I think we have a very politically charged environment, and frankly, that gets in the way of actually the practicality of instituting an identity system.

I hope that gets mitigated, but I think the current environment in the U.S. — everything ID-related is getting politicised; fairly or unfairly, depending on which side of the fence you sit."

by **TIM HINCHLIFFE**

According to Ro, vaccine passports offer a potential backdoor that could drive forced consensus and cooperation around the world.

"Everything has been accelerated because of the pandemic, and a lot of the attention right now is on covid passports or vaccine passports. Do we digitise that? How does it work? How does that connect with your identity? How do we start travelling again?" asked Ro.

"I'm hoping with the desire and global demand for some sort of vaccine passport — so that people can get travelling and working again — will drive forced consensus, standardisation, and frankly, cooperation across the world," she later added at the very end of the session.

For Ro, developing nations have a better shot at adopting a digital identity scheme on the blockchain over places like the US because they don't have legacy systems in place that are lined with red tape.

"If you have entrenched systems, it's incredibly difficult to leapfrog, so you're almost better off being in a country that doesn't have a structured, entrenched system," she said.

"I think the U.S. is going to be very hard-pressed to get a national identity system in the way that Ukraine has done, or Estonia, or some of the other countries that are out there like India as well.

"I think we're going to have our own brand of fragmented identity mixed with public-private partnerships. I think that's the only way the innovation's really going to happen," Ro added.

The technology for digital identities is already here, and is in fact being used in several countries around the world.

One of the most ambitious countries in this regard is Ukraine.

Speaking in the same panel discussion, Ukraine's Minister of Digital Transformation Mykhailo Fedorov said that his government's goal was to create a digital ID system that within three years would make Ukraine the most convenient State in the world by operating like a digital service provider.

"[Ukrainian] President Zelensky has tasked our ministry within three years to create one of the most convenient States in the world in terms of the State as a service provider," said Fedorov.

He added: "The Ukrainian Parliament has also adopted a draft law making us one of the first countries to legalise digital passports, which means we have fully put an 'equal sign' between plastic or paper passports and IDs and digital IDs, and now they're accessible in all life situations."

When it comes to winning trust in government-run digital identity schemes, Fedorov believes that if you give the people an overwhelming amount of convenience that is accompanied by strong cybersecurity, then they will have no choice but to trust the technology.

"The pandemic has accelerated our progress. First of all, people are really now demanding digital, online services. People have no choice but to trust technology. We see what kind of business is developing, and this business is influencing the development of our services."

Convenience is Ukraine's top selling point for digital identity schemes, alongside cybersecurity.

"We believe that we have to make the best product possible, a high quality product, a product that is so convenient that a person will be able to disrupt their stereotypes, to breakthrough from their fears, and start using a government-made application," said Fedorov.

"When we allow a person to register a business in three clicks; when we allow them to pay their taxes in two clicks — no matter how skeptical a person is about the technology, they will start using our services."

"Our goal is to enable all life situations with this digital ID," he added.

Don Thibeau, Executive Director at the OpenID Foundation, agreed with Fedorov, telling the panel that Ukraine's digital identity scheme "unlocks value at the citizen level."

"It allows that citizen to grow businesses and participate in the economy in a much more efficient way," he added.

Getting the technology right is only half the battle, according to Thibeau. The other is trust in governance.

"If we get the technology right, that's only the sound of one hand clapping," he said, adding, "We have to make sure that we have the technology tools and the governance rules, whether they be in regulation or legislation.

"We have to align the tools and rules in order to scale identity systems in a safe, secure, and privacy-protecting way."

He added: "In some respects, and one of the key takeaways is, the technical part is the easy part. What is really confounding is the governance.

And with governance, we have a new set of options — new tools that come to us through distributed ledger and blockchain technologies, new ways of securing the data about us, and at the same time, making it available for all these exciting new applications."

For Thibeau, digital identity hesitancy due to a lack of trust in government can be overcome in part by giving people more control over their data with technology that is proven to be safe, secure, reliable, and easy-to-use.

"It comes as no surprise to this audience that the U.S. is experiencing a crisis of trust — the trust that citizens have in their government. What's holding us back is, I think, that fundamental notion," he said.

"We have yet to create an ID system that's easy to use, and that's the paramount driver of adoption. Underlying that is the notion of security.

However, as in the case of the technology, if we do the security right, the technology disappears. Identity professionals in the technology space should think of themselves as plumbers," Thibeau added.

"If we do the job right, we just assume that it's there. We assume that that technology will be reliable and offering a repeatable experience to the user.

And as the user has that repeatable experience, that trust grows."

According to Thibeau, user experience, data control, and cybersecurity will be key factors in winning trust.

"We want the user to be able to act on their own behalf — to be able to interact with government institutions, business institutions, and others on a global basis, but to do so with the use of their data under their control," he said.

"This is not just an ideal. It's fundamental to creating the trust that we've all spoken about, and that user experience is really the platform for that creation of trust."

As far as personal convenience goes, having a digital identity that consolidates everything into one place may be a godsend in that you can use your digital identity for a variety of goods and services wherever you go, but the idea that people alone will be in charge of their data is fantasy.

Along with that comes the ability for rulers to control your entire life in the digital realm, so extreme caution is advised.

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Image Source: World Economic Forum

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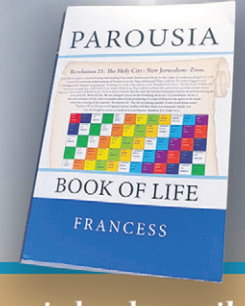

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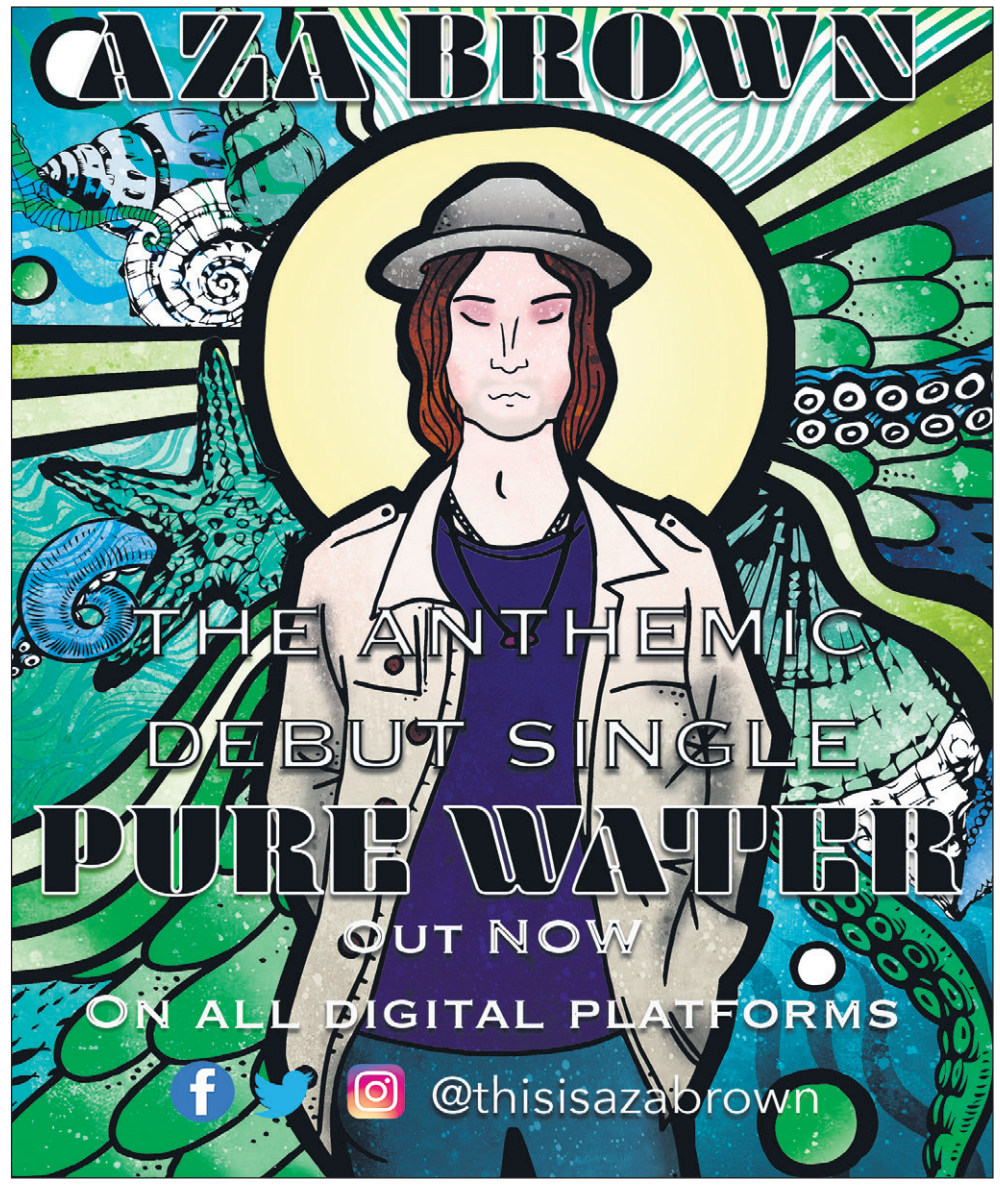

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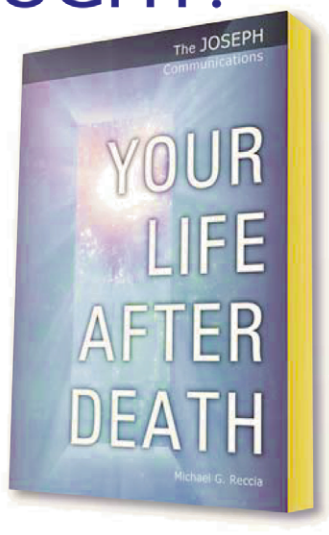

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