

End Time Current Events: 10-5-14

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Ephesians 5:11, 13-16: "And have no fellowship with the unfruitful works of darkness, but rather **reprove** them. But all things that are reprov'd are made manifest by the light: for whatsoever doth make manifest is light. Wherefore he saith, **Awake thou that sleepest**, and arise from the dead, and Christ shall give thee light. See then that ye walk **circumspectly**, not as fools, but as wise, Redeeming the time, because the days are evil."

The **1828 Noah Webster Dictionary** defines:

Reprove: To blame, to convince of a fault, or to make it manifest, to excite a sense of guilt.

Circumspectly: Cautiously; with watchfulness every way; with attention to guard against surprise or danger.

Matthew 24:24: "...if it were possible, they shall deceive **the very elect.**"

II Corinthians 2:11: "Lest Satan should get an advantage of us: for we **are not ignorant of his devices.**"

II Chronicles 7:14: "If **my people**, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."

Extinction of "Useless Eaters" - Globalists Further The Implementation of Their Plan to Attempt to Kill 90+% of the Population

While the world is watching the mainstream media report lies, the Global Elite are secretly implementing their plans of mass human slaughter. According to the Georgia Guidestones they want millions of people dead and will stop at nothing to get it done. So they aggressively pursue their plan of depopulation...

Today many methods of depopulation are being implemented. **The three major depopulation agents include: worldwide hunger (7-8 million deaths yearly), war (killing an average of half a million people per year), and diseases (2-3 million deaths per year), specifically the Ebola virus on the forefront today.**

Other methods include: Chemtrails and the use of nuclear and biological agents; poisoning and contamination of the food and water supply; pharmaceutical drugs; weather modification via HAARP which triggers earthquakes, volcanoes and tsunamis through electromagnetic psychotropic weapons; the promotion of homosexuality and the spreading of AIDS; forced sterilization in countries such as China; vaccinations; abortion; euthanasia; Obamacare death panels; and the list goes on.

The campaign to eliminate "useless eaters" (that's you and I) on behalf of the planet's "privileged ruling elite", is surely to take a more ravenous toll as global population levels rise. It can be expected.

It is no secret that the elite want you and I dead, and no longer do they hid it under, no, it's out in the open and they are proud of their stance.

The truth is if all 6.9 billion of us stood shoulder to shoulder and gathered together in the same general location it would fill only the city of Los Angeles. Or if everyone in the world was given a small house and yard and were once again gathered together in the same general location, it would fill only the states of Texas, California, and New Mexico with room to spare.

Don't believe me? Let's do the math. [Texas has 171 million acres, California has 101 million acres, and New Mexico has 77 million acres](#), which is a grand total of 349 million acres of land. We can safely assume most households house two persons, (*usually it's more, but we'll stick with two*) If each household was given 0.10 acre (or 20 people per acre because there are 2 persons per household; which leaves plenty of room for a house and land); then we would have the total number of occupants at 6,980,000,000 persons (*349 million acres x 20 people per acre*). Which is more than enough room to house our 6,900,000,000 population. Keep in mind this doesn't even take into consideration people living in apartments. The demographics can change based on how people are concentrated.

Who Updated the Georgia Guidestones?

First some history: *The story of the Georgia Guidestones began on a Friday afternoon in June 1979, when an elegant gray-haired man showed up in Elbert County & made his way to the offices of Elberton Granite Finishing, and introduced himself as Robert C. Christian. He claimed to represent "a small group of loyal Americans" who had been planning the installation of an unusually large and complex stone monument. Christian had come to Elberton—the county seat and the granite capital of the world—because he believed its quarries produced the finest stone on the planet.*

Joe Fendley, Elberton Granite's president, nodded absently, distracted by the rush to



complete his weekly payroll. But when Christian began to describe the monument he had in mind, Fendley stopped what he was doing. **Not only was the man asking for stones larger than any that had been quarried in the county, he also wanted them cut, finished, and assembled into some kind of enormous astronomical instrument.**

What in the world would it be for?

Fendley asked. Christian explained that the structure he had in mind would serve as a compass, calendar, and clock. It would also need to be engraved with a set of guides written in eight of the world's major languages. And it had to be capable of withstanding the most catastrophic events, so that the shattered remnants of humanity would be able to use those guides to reestablish a better civilization than the one that was about to destroy itself...



Now to the main report:

Some potentially disturbing new information concerning the Georgia Guide Stones has just been released in a recent video.

Upon further investigation, it seems this corner stone was left out for a particular reason as you can see from this photo.

As reported on Rense.com, in the public library in Elberton, I found a book written by the man who called himself R.C. Christian. I discovered

that the monument he commissioned had been erected in recognition of Thomas Paine and the occult philosophy he espoused. Indeed, the Georgia Guidestones are used for occult ceremonies and mystic celebrations to this very day.

Update: Georgia Guide Stone- 2014 stone removal 9/25/14

<http://youtu.be/xkQd2WySV4U>

Georgia Guide Stone 2014 removed, called a gag! Not so fast!!

Police State Radio doesn't believe it is a Gag either, I just provide further insight into this with my own observations. **Not only is the 2014 block made from the same Elberton Granite as the rest of the Guide Stones but there is more to indicate this was not a gag.**

<https://www.youtube.com/watch?v=83T8X...>

<http://professordoom1.wix.com/doom-wi...>

http://youtu.be/0ceddvgl_2A

From: Armor of Light

Subject: Georgia Guide Stones

Check this out Scott, they have removed the "2014 block". I am guessing it was either added to the stones unauthorized **or it was getting to much attention**. The big question is how would someone be able to **add the 2014 block when there are cctv cameras pointing at the stones if it was unauthorized!**

THE MESSAGE OF THE GEORGIA GUIDESTONES

1. Maintain humanity under 500,000,000 in perpetual balance with nature.

2. Guide reproduction wisely – improving fitness and diversity.

....

10. Be not a cancer on the earth – Leave room for nature – Leave room for nature. Limiting the population of the earth to 500 million will require the extermination of **over nine-tenths of the world's people**. The American Stonehenge's reference to establishing a world court foreshadows the current move to create an **International Criminal Court and a world government**. **The Guidestones' emphasis on preserving nature anticipates the environmental movement of the 1990s, and the reference to "seeking harmony with the infinite" reflects the current effort to replace Christian beliefs with a new spirituality.**

The message of the American Stonehenge also foreshadowed the current drive for Sustainable Development. Any time you hear the phrase "Sustainable Development" used, you should substitute the term "socialism" to be able to understand what is intended. **In the Earth Charter document you will find an emphasis on the same basic issues: control of reproduction, world governance, the importance of nature and the environment, and a new spirituality. The similarity between the ideas engraved on the Georgia Guidestones and those espoused in the Earth Charter reflect the common origins of both.**

Yoko Ono, the widow of John Lennon, was recently quoted as referring to the American Stonehenge, saying:

"I want people to know about the stones ... We're headed toward a world where we might blow ourselves up and maybe the globe will not exist ... it's a nice time to reaffirm ourselves, knowing all the beautiful things that are in this country and the Georgia Stones symbolize that."

What is the true significance of the American Stonehenge, and why is its covert message important? Because it confirms the fact that there was a covert group intent on,,,

(1) Dramatically reducing the population of the world.

(2) Promoting environmentalism.

(3) Establishing a world government.

(4) Promoting a new spirituality.

Certainly the group that commissioned the Georgia Guidestones is one of many similar groups working together toward a New World Order, a new world economic system, and a new world spirituality. Behind those groups, however,

are dark spiritual forces. Without understanding the nature of those dark forces it is impossible to understand the unfolding of world events.

The fact that most Americans have never heard of the Georgia Guidestones or their message to humanity reflects the degree of control that exists today over what the American people think. We ignore that message at our peril.



The Age of Reason was a book written by Thomas Paine. Its intent was to destroy the Christian belief system.

<<The hole that you see in the stone was drilled in the Center Stone so that the North Star could be visualized through it at any moment. This was one of several requirements stipulated by R.C.Christian for the building of the American Stonehenge and reflects his obsession with the alignment of the stars, the sun, and the moon. Occultists often

worship the alignment and movement of heavenly bodies as part of their religious ceremonies.

Play to 9:03 Start at 9:58 play to 13:20: http://youtu.be/j31V_2RmudM

Play: http://youtu.be/j_jz5c3GVVg

<http://truthstreammedia.com/who-updated-the-georgia-guidestones/>

Doctor dons Ebola protection suit to protest CDC

The Atlanta Journal-Constitution--Two days after a man in Texas was diagnosed with Ebola, a Missouri doctor Thursday morning showed up at Atlanta's Hartsfield-Jackson International Airport dressed in protective gear to protest what he called mismanagement of the crisis by the federal Centers for Disease Control and Prevention.

Dr. Gil Mobley checked in and cleared airport security wearing a mask, goggles, gloves, boots and a hooded white jumpsuit emblazoned on the back with the words, "CDC is lying!"

Play: <http://www.aj.com/videos/news/heres-why-a-doctor-wore-his-ebola-suit-in-airport/vCt7DJ/>

DALLAS EBOLA VICTIM MAY HAVE ACQUIRED HIS INFECTION ON HIS FLIGHT

Play: http://youtu.be/vW_jvTSNvx0

ISIS Plans On Sending Muslims Infected With Ebola Into America To Infect And Kill Americans

ISIS has threatened the United States and their allies with spreading the Ebola virus within those countries if they continue to wage war on the organization inside Syria and Iraq.

ISIS explained that its members can "synthesize and produce" "Ebola and Corona." ISIS also said: "Followers and soldiers of the Islamic State are mostly

suicide bombers and all of them are ready not only to carry Ebola, but to drink Ebola if they were asked to carry and spread it in the United States. This is not difficult but we need a decision from the jihadist leaders."

Ebola could easily be transmitted through bodily fluids, including sweat, tears, saliva, blood, urine, etc., including objects that have come in contact with bodily fluids (such as bed sheets, clothing, and needles) and corpses.

It is **said**, "**this disease will go airborne**, and there are many other mechanisms through which mutation might make it much more transmissible."

The statement from ISIS also said that: "**The process of spreading disease is not difficult, it is easily transported in a bottle in your bag and take them from Africa to America and open in an air-conditioning duct or put it in the public drinking water by elevator doors.**"

The statement from ISIS also said:

"The process of cultivating bacteria can be done by any student in the Faculty of Science or Department of Biology. They do not need complex laboratories and even a makeshift laboratory can be made in a small apartment in which we can farm millions of germs and viruses."

So let's put this threat together and see if it's credible:

- We have several Muslim dense countries within Africa, and radical Islam is spreading quickly through the region.
- It just so happens that many of these countries are out of control with Ebola infections.
- Many unconfirmed terrorists have VISAs which allow them to travel freely from these countries into the US, and there is little restrictions in these countries in terms of inbound and outbound flights.
- Terrorists are willing to kill themselves in the name of Jihad.

It seems VERY credible that a terrorist could self-infect themselves by finding individuals infected with ebola, thereby weaponizing themselves. So long as they are not on the terrorist watch list, they can board a plane and make their way to the US. From there, they can wait until they get symptoms and start purposefully infecting others in highly populated areas.

[Cleaning crew turned away at Ebola patient's residence](#)

Play: <http://www.cnn.com/video/data/2.0/video/health/2014/10/03/lead-dnt-savidge-ebola-apartment-hazmat-teams.cnn.html>



This Is How Ebola Spreads Everywhere! You Won't Believe What These People Are Doing!!!

Play: <http://youtu.be/lZd4TpNEVml>

Ebola May Spread in Dallas Homeless Community

Police in Dallas are searching for a homeless man who rode in an ambulance after Thomas Eric Duncan, the Ebola patient currently in critical condition at Texas Health Presbyterian Hospital.

“We are working to locate the individual and get him to a comfortable, compassionate place where we can monitor him and care for his every need for the full incubation period,” Dallas County Judge [Clay Jenkins](#) explained in an emailed message.

Although the ambulance was reportedly quarantined after Duncan was delivered to the hospital and its crew told to stay home for 21 days, **officials were unable to explain why the homeless man was in the ambulance and why he was released back into the community.**

Poor hygiene and substance abuse among the homeless may exacerbate the spread of the disease.

Ebola Suspected as Kansas City Apartment Building Sealed Off

Play:

<http://www.kctv5.com/video?autoStart=true&topVideoCatNo=default&clipId=10657478>

CDC Hazmat crew removes passenger from plane in Newark airport for Ebola-like symptoms

Centers for Disease Control and Prevention officials were called to Newark Liberty International Airport Saturday after a passenger believed to be from Liberia showed signs of possible Ebola symptoms.

The passenger was reportedly vomiting as the flight landed in New Jersey and was immediately taken to University Hospital in Newark for further evaluation, according to ABC News.

A CDC Hazmat crew, fully dressed in protective gear, removed the passenger and his daughter from United Airlines flight 998 arriving from Brussels, ABC reported.

The remaining passengers were quarantined, but have since been allowed to leave after the passenger in question was reportedly determined noncontagious.

The Signs Are All Here! Ebola Mutations With Medical Martial Law Due To Airborne Ebola

With America now aware that [‘former’ Ebola patient Rick Sacra](#) has been readmitted to a Boston area hospital due to a ‘respiratory illness, all [across the internet](#) people are now warning that [this new mutation](#) will soon lead to medical martial law. [Tom Lupshu](#) has put out the video below in which he bluntly warns America will soon be put on lockdown as Ebola runs rampant across the country as cold weather arrives, a diagnosis confirmed by the US Army in the 2nd video below, that Ebola, like the flu, needed COLD WEATHER to go airborne.

Play: <http://youtu.be/dm-UZd8PIMI>

Report: "Disaster Teams Were Notified Months Ago They Would Be Activated in October"

A public tweet from a large government supplier of emergency response products specializing in “high risk events” says that Disaster Assistance Response Teams were told to prepare to be activated in the month of October. The shocking revelation, made on the Goldenstate Fire/EMS [Twitter page](#), suggests that not only did someone know that the Ebola virus would be reaching America, but that they knew exactly when it would happen.

“What we are now hearing is just the tip of the iceberg as we enter October,” noted the company’s Twitter spokesperson. “Ebola virus will cripple EMS and hospitals.”

When [Future Money Trends](#), a follower of the page, asked what they meant by this statement, Goldenstate Fire/EMS responded with a shocking revelation.

“DART teams were notified months ago they would be activated in October. Timing seems weird.” Source: current DART member.”

Twitter exchange:

Be prepared to self quarantine yourselves if you experience flu like symptoms. Do not venture out as EMS & hospitals will be overwhelmed.

— GoldenStateFIRE/EMS (@GoldenStateEMS) [September 30, 2014](#)

The full twitter exchange [is available here](#) and a [screenshot has been archived](#).

With the Ebola virus now having been confirmed on U.S. soil, speculation as to how it got here and how many others may have contracted it is mounting. The traditional thinking here is that the virus made its way to the United States simply by one infected individual coming into contact with another, and so on. **But, a growing chorus of contrarian researchers suggests another possibility – the Ebola virus may have been weaponized by a government or rogue terror cell and it has been deployed as a bio weapon.**

http://www.shtfplan.com/headline-news/report-disaster-teams-were-told-months-ago-they-would-be-activated-in-october_10012014

[CDC ISSUES GUIDELINES FOR FUNERAL HOMES...](#)

Play: <http://www.cbs46.com/clip/10637331/government-issues-guidelines-to-funeral-homes-on-how-to-handle-ebola-patients>

AGENDA 21: Africans KILL Aid Workers for Spreading Ebola!

The same facility that was attacked in the audio you are about to hear happens to be owned and controlled by George Soros and the Bill & Melinda Gates foundation.

Play: <http://youtu.be/gqzFubh07YA>

US ARMY Says EBOLA = FLU in Airborne Stability, Needs Winter Weather To Go Airborne

According to the **Center for Aerobiological Sciences**, U.S. Army Medical Research Institute of Infectious Diseases at **Fort Detrick, Maryland**:

(1) **Ebola has an aerosol stability that is comparable to Influenza-A**

(2) Much like Flu, **Airborne Ebola transmissions need Winter type conditions to maximize Aerosol infection**

Play to 9:29: <http://youtu.be/WaNsXJfcTr4>

Disclaimer: It is your constitutional right to educate yourself in the arena of health and medical knowledge, to seek helpful information and make use of it for the benefit of you and your family. You are the one responsible for your own health. In order to make decisions in all health matters, you must educate yourself. The views and nutritional advice expressed by Dr. Scott Johnson are not intended to be a substitute for conventional medicine. If you have a severe medical condition, see a competent physician. I do not claim to "cure" disease, my goal is to help you to make physical and nutritional changes in your own body so that your body can heal itself.

Update From Invive Silver: (Comment: I recommend you print this whole section below)

The 10,000 PPM is MANDATORY, meaning the correct protocol in a life and death situation where death is "IMMINENT" within 72 hours. If you do not think you will die in 72 hours, then take the 5,000 PPM. Some Ebola patients die in 48 hours and some die in 21 days. If you are already bleeding from orifice, then the Ebola has advanced and you MUST use the 10,000 PPM.

Tell your people: Ebola Can kill within 48 hours to 21 days,

It takes a minimum of 3 days to ship the Invive from our factory because our Manufacturing is in a small town where it is delayed by USPS for 1 day; for the Silver to travel to the Airport in the next larger City. That is why we ship Priority, because if we shipped Express overnight it would "still" take 2-3 days to arrive. In the case of a worst case Ebola infection by the time the Silver is delivered to them in 3 days, they could be dead.

So they must purchase in advance and have the silver on hand to be safe. That is just a plain actual fact.

I myself have 3 bottles of 10,000 PPM with me wherever I am/travel.

That is barely enough meaning the minimum to attack the Ebola, while waiting for more silver to arrive.

So they should have at least 3 bottles of 10,000 stockpiled in advance. (Assuming the USPS trucks are still running during an Ebola outbreak and that the Cities are not locked down with no one allowed to enter or leave, including the Courier Trucks.

EBOLA

(Note 5000ppm is mentioned here but in an advanced case 10,000ppm should be used-see above for more clarification)

Invive 5000ppm Mild Silver Protein ++ When combating an advancing presentation of Ebola within the subject individual, it is “MANDATORY” to maintain a “STEADY STATE” of Silver in your bloodstream every 4 hours = 6 times per day for adults of 120 lbs and up, (but reduced for children via percentage of their bodyweight in relation to 120 lbs.).

"UPDATED '2014' PROTOCOL"

1) If you have been (or suspect you have been) exposed to Ebola take this dosage:

*** 5,000 ppm 5 cc/1tsp. 4 times a day or every 6 hours.

2) If you are starting to display symptoms take this dosage:

*** 10,000 ppm 5 cc/1tsp. 4 times a day or every 6 hours.

3) If you are in full blown Ebola symptoms going to terminal take this dosage:

*** 10,000 ppm 5cc/1 tsp of 10,000 every hour.

Go to: <http://www.dr-johnson.com/>

Note: Selenium has been found to be almost totally depleted from the soils where Ebola is prevalent in Africa and has been found to be very helpful in the prevention of Ebola.

I recommend: Selenium - 90 tablets. See below and far below

Computational genomic analysis of **hemorrhagic fever viruses**. Viral selenoproteins as a potential factor in pathogenesis:

<http://www.ncbi.nlm.nih.gov/pubmed/9152513>

They talk about **Ebola being a “viral selenoprotein”** and “Biosynthesis of this protein **could impose an unprecedented selenium demand on the host**, potentially, leading to severe lipid peroxidation and cell membrane destruction, and **contributing to hemorrhagic symptoms.**” It is well documented **that selenium plays a significant role in the regulation of blood clotting** via its effects on the thromboxane/prostacyclin ratio, and effects on the complement system.

From: ADVANTAGE INTERNATIONAL

To: drjohnson@ix.netcom.com

Subject: Fw: Vitamin C & the Ebola treatment - trade fear for knowledge

Importance: High

In addition to the Invive Silver, a Ebola patient need high doses of Vitamin C. The Invive Silver stops the Ebola Virus, **but you MUST put the Vitamin C back in their body, that the Ebola has taken away.**

Again for clarity:The INVIVE Medical Journal Silver wipes out/eradicates the Ebola Virus but **excerpt: Here is what Ebola does that is fatal: It causes the complete removal of all vitamin C from the body. No one actually knows what mechanism is involved in doing this, other than a malfunction that is not permanently destructive to whatever is triggered to remove all vitamin C. All the researchers know is that vitamin C drops to zero and all the symptoms of ebola are consistent with a complete loss of vitamin C.**

From the report at: <http://jimstonefreelance.com/> we read:

The actual way ebola kills is by causing a severe cytokine release in blood vessel walls, which if already irritated by a viral assault, will rupture from the irritation caused by a strong cytokine release. With regard to ebola, the exact cytokine is called IL-6, which is inhibited by 41 percent with adequate vitamin C present. This means, that from this mode of action alone, vitamin C will reduce the impact of ebola by 41 percent. If you combine this with the fact that vitamin C will strengthen the blood vessel walls as well, the two ways vitamin C helps will work in combination to prevent death from ebola, especially if ebola, which removes all vitamin C weakens the blood vessel walls by removing vitamin C to begin with.

Comment: So taking a true, natural, vitamin C is a major factor in fighting off Ebola especially considering Ebola chief action of fatality is causing the blood vessels to rupture through the body where you bleed out of every orifice. Vitamin C (full spectrum source with the bioflavonoids, from a plant source) strengthens the blood vessels.

I highly recommend: [Vitamin C-400 - 180 tablets](#) or [C Complete Powder 81 G](#)

[Is Selenium Deficiency Behind Ebola, AIDS and Other Deadly ...](#) ★★

Ebola and other deadly viruses, including the human immunodeficiency virus 1 (HIV-1), might be stimulated by deficiencies in the mineral selenium.

Zaire-where the Ebola and HIV-1 viruses first appeared-may be a viral "hot zone" because of low selenium levels in the soil and widespread selenium deficiencies among people living off that land.

Too strange to be true? To the contrary, a similar connection has been established in China, where a common virus mutates into a dangerous form when it infects people deficient in selenium.

Selenium, an essential mineral, functions as an antioxidant and a component of another antioxidant, glutathione peroxidase. Deficiencies of either substance impair the body's immune system and ability to fight infections. But if recent research is any indication, the role of selenium in disease prevention may be much more profound than previously imagined.

"It is certainly intriguing that a number of viruses have emerged from these regions in Africa, which appear to be selenium deficient," said E. Will Taylor, Ph.D., a viral researcher at the University of Georgia, Athens.

[Selenium - prevents retroviruses HIV, Cocksackie, Ebola ...](#)

Low Selenium levels lead to weakened antioxidant defenses, reduced immune surveillance, higher viral replication rates and thus conditions favoring viral mutation. It is also known that Selenium prevents a number of Retroviruses like HIV, Cocksackie, Ebola, Marburg and Flu viruses from replicating in the host cells.

It interferes with the reverse transcription of the viral RNA to viral DNA thus preventing virus replication.

Research shows it prevents the progression of HIV to AIDS. Professor Luc Montagnier of the Pasteur Institute (one of the discoverers of HIV) states that "Selenium was currently the most realistic hope for those infected with HIV in the

world's impoverished nations, of the slowing of the progression of HIV to AIDS..."

Dr. Johnson's Presentation [Colloidal Silver-Mild Silver Protein it's uses and history](#)

Colloidal Silver-Mild Silver Protein it's uses and history. The Truth About Electrically Produced Liquid Silver & Silver Generators--Learn the Difference Between Ionic Silver and True, Colloidal Silver **Invive Mild Silver Protein: The Ultimate Immune System Product For Colds, Flu's and Infections:** www.dr-johnson.com

[Avian Bird Flu: What to Expect and How to Prepare \(Full Version\)](#)

[Avian Flu - Killer of Millions by Dr. Johnson](#)--full file mp4 - [click to download](#)

[NEW** Dr. Johnson's Preparedness, Survival, Pandemic Teachings](#)**

[Bleach is best friend in this fight](#) 

Everybody knows a global pandemic is coming sooner or later. The very structure of human society -- with high-density cities and rapid air travel -- creates a "perfect storm" for the spread of infectious disease.

Ebola has a fatality rate of 50 - 90 percent, depending on the strain. It causes severe immunosuppression and often leads to death by internal dehydration from the inability of the intestines to absorb water. **People with suppressed immune systems seem to be especially vulnerable to Ebola, so one of the most obvious defensive strategies is to support your immune function with the following nutritional supplements:**

- **Vitamin D-3 (which is well known to function as an antiviral [medicine](#)) [Vitamin D 5,000 IU - 60 capsules](#)**
- **Zinc (helps your immune system resist infections) [Zinc Liver Chelate™](#)**
- **Selenium (also boosts immune function) [Selenium - 90 tablets](#)**
- **Vitamin C (full spectrum source, from plants if possible) [C Complete Powder 81 G & Vitamin C-400 - 180 tablets](#)**

Stop suppressing your immune system

It's also a good idea to stop suppressing your immune system on a day-to-day basis. How do people suppress their immune systems?

- 1) **Lack of sufficient sleep.**
- 2) **Consumption of processed junk foods.**
- 3) **Consumption of medications.**
- 4) **Smoking cigarettes.**
- 5) **Sedentary lifestyles (avoidance of exercise).**
- 6) **Avoidance of sunlight (not spending enough time in nature).**
- 7) **Nutritional deficiencies of important minerals like zinc.**
- 8) **Chemotherapy and radiotherapy treatments.**
- 9) **Exposure to pesticides, herbicides, glyphosate and other chemicals.**
- 10) **Eating GMOs.**

This last point is a huge one: **eating GMOs suppresses immune systems so much that I believe the most likely people to die in the next pandemic that sweeps through North America are those who eat a lot of GMOs.** To avoid this, **buy organic.**

Seven Facts You Should Know About Ebola--Be Prepared for a Pandemic!

How to prepare for a pandemic? The usual: **plenty of food, water, first aid supplies, face masks, and something to keep your mind occupied in the event you are confined to close quarters.** I also recommend essential oils but more about that in a moment.

You should also be prepared to physically isolate yourself. If a pandemic is even rumored, isolate yourself from large crowds, avoid commercial travel, and head out to your bug-out-location if you have one.

You might remember Dr. James Hubbard from a recent Backdoor Survival Book Festival. He is the author of [Living Ready Pocket Manual – First Aid: Fundamentals for Survival](#) and [DuctTape 911: The Many Amazing Medical Things You Can Do to Tape Yourself Together](#). When I asked him about this, he pointed to some information posted on his website and gave me permission to share it here on Backdoor Survival. Here are his thoughts including seven facts you should know about Ebola.

A new outbreak of Ebola is going on in Africa, and Doctors Without Borders is calling it “an epidemic of a magnitude never seen before”—not because of the number of cases or deaths. There have been more in previous outbreaks. **It’s because of how the disease is spreading.**

In the past, Ebola has always stayed confined to a small region. This time the same strain of the virus has been found infecting people several hundred miles from the original area.

The questions on the minds of many people who don’t live in Africa are, **could it come here? Comment: It already has thanks to the government.**

Ebola is a horrendous viral disease **where the victims sometimes bleed out of every orifice before they die.**

Ebola is on the U.S. list for potential bioterror agents. That’s because it’s highly contagious and there’s no vaccine or effective treatment. Also, though this is rare, people have traveled internationally with it before their symptoms started—including to the United States.

Stopping the Spread of Ebola: 7 Facts to Know

If Ebola comes to your country, here are some key facts you’ll need to know to reduce your chance of getting it.

1. It seems to start in animals and meat. It’s thought the disease starts in bats or monkeys. They can have the virus without getting sick. Then they infect other animals, who do usually get sick. People kill the other animals and contract the virus while either preparing the meat or eating it poorly cooked. Then the virus starts spreading from person to person.

2. After exposure, Ebola can kick in early or late. After someone is infected, the symptoms start anywhere from two to 21 days later.

3. Ebola doesn’t spread exactly like the flu.

Flu: You can be contagious before you get sick.

Ebola: You’re not contagious until you have symptoms.

Flu: The virus can spread through fluid droplets in the air (like from a sneeze).

Ebola: Ebola can also spread this way.

4. Ebola is highly contagious. You can catch it by coming in direct contact with any bodily fluids, including blood, semen, urine, saliva, vomit, feces & (aerosolized sneeze).

5. The symptoms make prevention more difficult. Symptoms make it hard for caregivers not to come into contact with those bodily fluids.

There's profuse vomiting and diarrhea. And the victim's blood can't clot. So you can't stop bleeding from the smallest scrape, prick, or bruise. Sometimes people spontaneously bleed out the nose, mouth, rectum, or urethra.

6. Ebola is still contagious after symptoms stop or the victim dies. Ebola doesn't stop being contagious with death or recovery. Victims' dead bodies still carry the disease, and people who recover may continue to be contagious for up to two months or more.

7. There are ways to protect yourself. It's essential to protect yourself at all times if you're caring for someone who may have the disease so you don't come into contact with the bodily fluids.

Basically, cover yourself in impermeable products from head to toe. Think goggles, mask, disposable gown, gloves, and shoe covers. If you're using needles, use them once only and dispose of them immediately.

Also disinfect your environment. Clean any exposed furniture, walls, or floors with a disinfectant, like a chlorine bleach solution, before future use. This may not all be possible during a long-term disaster, but do the best you can.

Essential Oils for Protection from Ebola and Other Viruses

In addition to healing, I am a huge believer in using essential oils to build up immunity in order to prevent sickness. I use essential oils myself and through trial and error, learn what works and what doesn't. I read as much as I can so that I can learn and make informed choices.

All that being said, I keep a spray bottle with Shield protective blend and witch hazel with me at all times for use as a hand and gizmo sanitizer. I spray it everywhere, including on my phone, my keyboard, on pillows and bedding, and more. If I feel a snuffle or a runny nose coming on, a essential oil blend goes in the diffuser 24/7.

One thing I did do when the recent Ebola headlines hit was do some research to find studies that specifically addressed Ebola and essential oils. I had some help but neither one of us could pull up any verified studies. On the other hand, there have been some studies and articles linking Cinnamon and Ebola. I like the cinnamon link since the Shield Blend I use contains Cinnamon Bark in addition to Clove, Lemon, Eucalyptus, and Rosemary.

I plan to keep searching for some credible information on the use of essential oils to mitigate Ebola, but in the meantime, any of the antiviral and antibacterial essential oils would be good to have on hand. Some examples are Thyme, Melaleuca, Oregano, Cinnamon and, of course the Shield blend.

How to Make An Essential Oil Protective Spray

Here is the recipe I use to make "Shield Protective Spray". This spray makes a terrific hand sanitizer, room freshener, and all around disinfectant and protectant.

Take a 2 ounce glass spray bottle and add 30 drops of Spark Naturals Shield Blend. Top with Witch Hazel. Shake before using. That's it.

One more note. Shield Blend is actually an ancient blend based upon a legend that has its roots in 15th century England during the time of the great plague. Grave-robbing thieves developed their own blend of Clove, Cinnamon Bark, Lemon, Eucalyptus, and Rosemary to protect them while robbing the plague victims.

If you would like to try to make your own, here is a version that includes Lavender from Contributing Author Rebecca Schiffhauer.+

DIY Shield or Thieves/Robbers Blend with Lavender

Ingredients

45 drops clove essential oil
35 drops lemon essential oil
25 drops eucalyptus essential oil
20 drops cinnamon essential oil
15 drops lavender essential oil
10 drops rosemary essential oil

Instructions

Combine the all essential oils and store in a dark 15 ml glass bottle

<http://beforeitsnews.com/self-sufficiency/2014/07/seven-facts-you-should-know-about-ebola-2478122.html>

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Book--Dare To Prepare: http://standeyo.com/Our_Books/DTP.html

From: Karen
Subject: Essential Oil for Ebola

FYI. Some data provided by a friend who knows her essential oils

Studies show Ebola cant survive cinnamon essential oil.

<http://www.pinterest.com/pin/223350462744699098/>

<http://www.pinterest.com/pin/488218415828228356/>

Cinnamon Bark (Cinnamomum verum or C. zeylanicum) essential oil is considered GRAS (Generally Regarded as Safe) for human consumption by the FDA. To take orally, dilute ONE drop of oil in 2 tsp. of honey or in 8 oz of beverage (think milks...rice, soy, almond). You may need to increase the dilution even more due to this oil's potential for irritating mucus membranes. I don't advise cow's milk when you are sick as it irritates mucus.

You will need to ensure your essential oil is therapeutic grade to prevent adulteration.

Cinnamon and anti-viral studies:

<http://www.ncbi.nlm.nih.gov/pubmed/?term=cinnamomum+verum+antiviral>

FRESH ginger juice and elderberry are also great antivirals.

I am not a dr and this is not medical advice. Please do your own research. This is just a hint as to what you can research.

Karen

The CDC feels that the Ebola threat is serious enough that they just released these steps to help you protect yourself from contracting the Ebola Virus. It would be wise to have some rubber gloves for emergency situations.

Information from the [Centers for Disease Control](#)

Tuesday, September 30, 2014

If you must travel to an area affected by the [2014 Ebola outbreak](#), protect yourself by doing the following:

Wash hands frequently or use an alcohol-based hand sanitizer.

Avoid contact with blood and body fluids of any person, particularly someone who is sick.

Do not handle items that may have come in contact with an infected person's blood or body fluids.

Do not touch the body of someone who has died from Ebola.

Do not touch bats and nonhuman primates or their blood and fluids and do not touch or eat raw meat prepared from these animals.

Avoid hospitals where Ebola patients are being treated. The U.S. Embassy or consulate is often able to provide advice on medical facilities.

Seek medical care immediately if you develop fever (temperature of 101.5F/ 38.6C) and any of the other following symptoms: headache, muscle pain, diarrhea, vomiting, stomach pain, or unexplained bruising or bleeding.

Limit your contact with other people until and when you go to the doctor. Do not travel anywhere else besides a healthcare facility.

CDC has issued a Warning, Level 3 travel notice for three countries. U.S. citizens should avoid all nonessential travel to Guinea, Liberia, and Sierra Leone. CDC has issued an Alert, Level 2 travel notice for Nigeria. Travelers to Nigeria should take

enhanced precautions to prevent Ebola. CDC has also issued an Alert, Level 2 travel notice for the Democratic Republic of the Congo (DRC).

A small number of Ebola cases have been reported in the DRC, though current information indicates that this outbreak is not related to the ongoing Ebola outbreaks in Guinea, Liberia, Nigeria and Sierra Leone. For travel notices and other information for travelers, visit the Travelers' Health Ebola web page.

<http://crashcade.com/health/2014/10/just-released-cdc-ebola-preparedness-checklist-how-to-protect-yourself-from-ebola-277.html>