

End Time Current Events: 11-9-14

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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 reprovved 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."

BREAKING: Sheriffs Across America Issue Dire Warning About What Obama's About to Do

It has been promised, and confirmed by the administration, that President Obama intends to bypass Congress and take "Executive action" to grant amnesty to millions of illegal immigrants, including the criminals and terrorists among them. But now sheriffs around the country are speaking up, issuing a dire warning about the likely results of a blanket amnesty granted by Obama. (H/T [MRCTV](#))

They are warning of the coming increase in crime, disease, and terrorism, should Obama grant amnesty. They also they believe Obama's amnesty will encourage more criminals and terrorists to join the millions of illegal immigrants already flooding across our porous southern border.

Sheriff Chuck Jenkins, Frederick County, Maryland:

"In my opinion, based on what I've seen, every county in America will become a border county. This is absolutely going to worsen the crisis.

What we're going to see is not only the cost to healthcare, social programs, and education, but the increase in criminals coming into our country, you're going to see increases in crime, infiltration from transnational gangs, the drug trade and human tracking."

Sheriff Paul Babeu, Pinal County, Arizona:

"The law applies to you and I as citizens, and yet it appears there is no law when it comes to illegals. The message the President's action will send is this: if you can get to the border, you're home free. It completely undermines the rule of law and makes the job of every law enforcement officer – which is already difficult – impossible.

We already have our hands full because the border is not secure: imagine what the situation will look like when the President gives executive amnesty to those already here. It would unleash a tidal wave of illegal border crossings, overwhelming law enforcement. It will be open season for the cartels. Again: the border is not secure now – to give a presidential amnesty would be to make matters dramatically worse for our officers who are trying to do the job the President won't."

Sheriff Eddie Guerra, Hidalgo County, Texas:

We are going to see what I'm seeing here...is a huge increase in illegal immigration coming across our border. An amnesty order is going to give more people an incentive to come into the US. The drug cartel will exploit any opportunity to come into the United States, and this will create the cover for them to continue exploiting our porous border. This will create the opportunity for kidnapping, trafficking, sexual abuse, prostitution, and smuggling. These smugglers have no regard for human life. They destroy private property. They have no respect for law enforcement. They circumvent U.S. checkpoints. It's a terrible situation.

Sheriff Sam Page, Rockingham County, North Carolina:

"Human trafficking, drug trafficking and criminal activity are coming through our borders, but not staying near our borders – it's getting into every part of the United States. This is a public safety issue – a terrorist or any other kind of criminal may cross our borders. We just don't know who is coming across.

<http://conservativetribune.com/sheriffs-issue-warning-about-obama/>

Coming to America: Muslim Gangs Take Over 55 Swedish Neighborhoods As Police Move Out!!

Swedish police have ceded control over 55 “no-go zones” to predominately Muslim criminal gangs.

An extensive report mapping out 55 no-go zones was released Oct. 24, showing where law enforcement has all but handed control to criminal gangs.

Officers frequently face outright attacks when trying to enter the areas, which is a step down from the previous problem with attacks on mailmen, fire trucks, ambulances and similar services. Fire trucks and ambulances had to wait for police escort to enter the areas, **but now the police themselves need protection.**

The no-go areas heavily coincide with the map of the 186 “exclusion areas” aka. crowded, predominantly Muslim immigrant ghettos, where education is low, employment is lower and the only local business thriving is drug dealing.

As the real law backs away, organized crime emerges to take its place. The police report notes “a wider clientel [in the areas] are increasingly turning to the criminal authorities for justice” in a Godfather-like fashion. **Unofficial courts and punishments are often meted out according to the codes of the home cultures of the dominant gangs.**

The report also points out that there are vehicle checkpoints at the borders of some of these areas. The bad news is it's not the police doing them; it's the gangs securing home turf against law enforcement and rival gangs.

The gangs try to keep a semi-low profile in many areas so as not to interfere with the “business” of dealing drugs, protection rackets and similar illicit activity.

Others seek active confrontation with police to establish absolute dominance.

A pair of policemen in May were in pursuit of a suspect and unwisely entered the no-go zone of the southern city of Landskrona. **Their car was rammed and the officers were forced out of the car. They were cornered by a crowd of some 50 hostile thugs and drew their weapons to hold them back and called for immediate backup.**

Several nearby patrol cars responded to the call and sped towards the scene, only to be ordered to stop half a mile away — just outside the no-go border. The police commander didn't send the backup units in, fearing escalation and all-out war. The cornered police officers were left to fend for themselves. As luck would have it, one of the officers knew a few residents who interfered and convinced the thugs to let them leave.

In response to these no-go zones, the Swedish police is expanding its soft approach of dialogue and understanding. After the extensive 2013 Stockholm ghetto riots with hundreds of burned cars and buildings, police responded by mostly staying away and sending forth special “dialogue officers” to grill halal hot dogs with the miscreants and make them see the errors of their ways.

Starting next year, the Stockholm Policy Academy will be moved to Södertörns Högskola, **where the new curriculum will be “progressive” with more focus on cultural sensitivity, ethical awareness, gender issues and more. The aspiring police officers will achieve “greater understanding of the intercultural perspective.”**

Meanwhile some recent headlines regarding Muslims are as follows:

[I Believe My Brother in the US Has Been Targeted, Identified and Located by Muslims--Sales Pitch to Build A mosque](#)

My brother called last evening to inform me of the following:

His wife received a phone call on Wednesday **at their unlisted home number** from what sounded like a foreign language boiler room phone sales operation...the background noise was all in a foreign language she did not understand. After a brief pause of 30 seconds, a heavily accented voice began a sales pitch...**seeking donations to build a mosque in a city**...she could not understand due to the heavy accent, which city. Since they live in a rural area, there is no city in the vicinity in which construction of a mosque has been proposed.

She replied that she is Christian, and would not be willing to contribute. The caller made two additional higher pressure attempts to "make the sale" but each time she replied that she would not contribute.

On Thursday, she received a second call from a heavily accented person, asking for her by name...mispronounced, but nonetheless, her surname. **The caller asked, "Are you Muslim?" to which she replied, "No, I am Christian."**

Since my brother is retired from the Army, and she is a vocal Pro-Life advocate, and a strong supporter of Israel, which is of course, duly advertised on her Facebook home page, it seems that she, as well, is now identified, both by name and location.

He requested that I inquire of you regarding any similar notices you have received, specifically from Texas, and generally in CONUS.

They are strong Christians, who walk the walk, **but I wish she had listened better to the warnings she has certainly been given regarding Facebook self reporting.**

Too late now...time to seek instructions from God, and follow, them was my only advice and of **course I agreed to contact you regarding what I believe is a new method of intelligence gathering.**

Please advise your readers...unsolicited sales calls could very easily paint that target bright red. ELIZABETH

Facebook, Twitter, Google, YouTube Warning

Facebook CIA connection --First ask about the funding...Next follow the money trail...

This video reveals **the true aim of the Facebook conspiracy: Data mining for the CIA**

The connection between Facebook & DARPA (Defense Advanced Research Projects Agency) has some grotesque tentacles: the Information Awareness Office (IAO); TIA (Total Information Awareness, renamed Terrorism Information Program); and TIPS (Terrorism Information and Prevention System).

But as bad as the beginning of Facebook is, **the parallels between the CIA's backing of Google's dream of becoming "the mind of God," and the CIA's funding of Facebook's goal of knowing everything about everybody, is anything but benign.**

For more information watch: <http://www.youtube.com/watch?v=DIGdWsxHJIM>

[IRS Conducting Audits Based on FACEBOOK and TWITTER Info...](#)

CIA admits full monitoring of Facebook, Google, Youtube and other social networks

http://www.youtube.com/watch?feature=player_embedded&v=5b82o3D0weQ

[Big Sis To Monitor Twitter For Signs Of Social Unrest](#)

Google Exposed-- <http://www.youtube.com/watch?v=A- etd7U7WI>
[Review of Google Health - Technology Achievement or Privacy Disaster?](#)

[Hamas-CAIR Puts out United States Hit List Against Islamophobes](#)

Let's consider the closed-mindedness of Islam. [Their own book](#) shows that they are against Christians and all infidels (non-Muslim believers). [Their own history](#) demonstrates that they believe they are superior and that they have the right to destroy all those who will not name the name of Allah and recognize the demonically possessed, thieving, murderer Mohamed as a true prophet.

<http://freedomoutpost.com/2014/10/hamas-cair-puts-hit-list-islamophobes/#63mo7ZC3sZPx8qBe.99>

[Muslim terror rivals unite under ISIS banner--'We have to remove the Cross, and the carrier of the Cross is America'](#) <http://www.wnd.com/2014/10/muslim-terror-rivals-unite-under-isis-banner/>

[EXCLUSIVE LEAK: FBI Report Warns of Potential Homegrown ISIS Attacks Against Law Enforcement in US](#)

[Canada Gets Attacked and Muslims Play the Victim Card](#)

[Christian School in UK Forced to Have Islamist Lead Assembly or be Closed](#)

[Asia Bibi Muslim death sentence upheld](#) The case stems from an argument with her Muslim neighbours over a cup of water in 2009. Asia Bibi recounts that when they made derogatory statements about her religion, she responded, "I believe in my religion and in Jesus Christ, who died on the cross for the sins of mankind. What did your Prophet Mohammed ever do to save mankind?"

[Woman Kills Rapist with His Own Gun – ISIS Beheads Her](#)

[Islamic Jihadists Engage in Multiple Attacks in Canada - Multiple Gunmen in Islamic State Garb](#)

[Video: Father Helps ISIS Militants Stone Daughter as per Sharia](#)

A young Syrian woman, accused of adultery, was sentenced to be stoned to death. Her father zealously helped carry out the death sentence. [More](#)

[Horrible! Muslim Terrorists Execute More than 700 Men and Boys](#)

[Islamic Abbas' advisor says: Murderer of 3 month old Israeli-American baby is "heroic Martyr"](#) http://palwatch.org/main.aspx?fi=157&doc_id=12911

[ISIS Stones a Syrian Woman to Death \(Video\)](#)

[Yazidi Women Raped By ISIS Beg America To 'Please Bomb Us' To End Our Misery](#)

[Islamic Abbas' Fatah encourages more terror attacks and continues to heat up atmosphere in Jerusalem saying: "Run over, friend, run over the foreign settler!"](#)

["The Jews are defiling Al-Aqsa - will you not rage??"](#)

http://palwatch.org/main.aspx?fi=157&doc_id=12979

Pakistan: Christian Couple Burned Alive by Muslims on Fake Blasphemy Charges

A young couple, Shahbaz Maseeh, 26, and his wife Shama Bibi, 24 -- **parents of four small children and another on the way, was burned alive by a mob in Pakistan for what appears to be trumped up charges of blasphemy.**

After a local mullah made a public ruling that the couple was guilty of blasphemy by throwing out pages of a Quran, a mob of about 500 people – included Muslims from neighboring villages -- began forming.

Relatives of the couple say the entire family was threatened and everyone began to flee, **including children who have still not been accounted for days later.** **The couple had planned to flee with their young children as well, but were left with no time to do so.**

Instead, they barricaded themselves inside a building to escape the mob comprised of their fellow workers at a brick factory where the couple was employed.

The mob broke down the door and began beating the couple. **"They broke their legs so they couldn't run and then threw them in the fire (in a kiln at the brick factory)," Gill said. "Only some bones and hair were found at the site."**

Gill added that **a rumor** had started over the weekend that pages with several verses of the Quran were burned by the wife after being left behind by the wife's deceased father. The murder took place in Kot Radha Kishan in the Punjab province, **where the majority of Pakistan's close to four million Christians reside.**

The Human Rights Commission of Pakistan (HRCP) also said the incident stemmed over a dispute about money. **The owners of the brick kiln, who were among those who participated in the mob killing, said the couple owed them money.**

The rights group, who sent a team to investigate the incidents, said that the team **did not come across any evidence of desecration of the Quran.**

False charges of blasphemy, a crime in Pakistan punishable by death or life imprisonment, are often used as a means of revenge to settle personal disputes or insults.

The HRCP said that this was what happened in this current case. Rumors that the couple had desecrated a Quran were **"spread to nearby villages and announcements [were] made through mosque loudspeakers,"** according to the HRCP.

The group also said that its investigators found out that four policemen were dispatched to the kiln to take the couple into protective custody, but they were also beaten on orders from the kiln's owners.

<http://www.clarionproject.org/print/news/pakistan-christian-couple-burned-alive-blasphemy-charges>

150 million Christians persecuted by Islam--Christian suffering at the hands of the Moslems is of biblical proportions

November 07, 2014--**"The number of persecuted Christians in the world is 150 million." There are many other figures, terrifying and dramatic, in the pages of the "Black book of the plight of Christians in the world",** a unique initiative of French scholars and coordinated by journalist Samuel Lieven. Snapshots of a global and amorphous war.

In particular, there is a disconcerting statistic: "80 percent of the acts of religious persecution in the world are directed against Christians." How many victims? The Center for the Study of Global Christianity brings the average of one hundred thousand Christians killed each year for their faith throughout the last decade. An average of five Christians every minute.

Yesterday, in Pakistan, two Christians, including a pregnant woman, were burnt alive in the brick kiln where they worked. It was a pogrom with the participation of four hundred Muslims.

http://www.israelnationalnews.com/Articles/Article.aspx/15943#.VF7_XMn4JVn

Information on Islam

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ISLAM RESOURCES

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[See all tracts on Islam](#)

Articles on Islam:

- ['I Love Muslims - I'd Take a Bullet for You'](#)
Tim Berends' soft approach has him spreading the gospel to Muslims.
- [Disillusioned Muslim Youth Turning to Christianity](#)
Muslims are precious souls that Jesus died for —and they need to know about it. If we don't tell them, who will?
- [How to Deal with Sin: Christian-Muslim Contrast](#)
The Muslim and Christian difference of approach to sin sets the two religions far apart.
- [Does Allah love man?](#)
This is one of the big differences between Allah and the God of the Bible.
- [4000 Tracts Quietly Seeded into Muslim Festival Crowds](#)
Chick tracts distributed at Arab Festival by soul-winner wearing 'I (heart symbol) Muslims' t-shirt.
- [Islam's Hadith describes a capricious Allah and perverse prophet](#)
Many of Mohammad's sayings are so outlandish they embarrass modern Muslims.
- [How do you witness to a Muslim?](#)
So you try to study up on Islam from a Christian perspective. And soon you find

that popular Christian writers say these things about Islam...

- [Where did Allah come from?](#)
History shows that Allah is an ancient pagan deity who originated in the ancient moon god fertility rites of the Middle East. Allah is not the same as the God of the Christians.
- [Why Is Islam So Dangerous?](#)
Islam is dangerous because Western man assumes it works by the same ground rules as the Judeo-Christian culture. But it doesn't.
- [Will the Moderate Muslim Please Stand Up](#)
So-called "moderate" Muslim leader would prefer to replace US constitution with a caliphate.
- [Europe Beginning to Awake to Islamic Threat](#)
Rather than adapting to western culture, many muslims in Europe are determined to bring Europe under Islamic law. Will the outcome mean a loss of freedom?
- [Muslim Countries Becoming Bolder in Persecuting Christians](#)
It's not just happening in Afghanistan. Muslim countries worldwide are cracking down.
- [Ten common "Logical Fallacies" made by Muslims](#)
Muslims, though sincere, don't realize some of the illogical reasoning they must believe to serve Allah. Here are ten common 'logical fallacies' made by Muslims.
- [Allah Had No Son](#)
Here's proof that Allah and the God of the Bible are not the same.
- ["The Prophet"](#)
Learn how the papacy helped start *Islam*, only to have this new daughter rebel against her. You'll understand the Arab's place in Bible prophecy.

Joel Osteen says Barack Obama is a Christian

There are still self-professed "Christians" who continue to promote the heresies and unbiblical teachings of Joel Osteen and his wife Victoria. Previously, [we pointed out how Victoria Osteen said that our worship of God should be done for ourselves](#). In an interview with Wolf Blitzer, Osteen said that Barack Obama is a Christian.

Play: <http://youtu.be/1rjl03SrAYE>

Read more at <http://freedomoutpost.com/2014/10/joel-osteen-praises-obama-christian-good-job/#Z7xddC3T04uL6e0u.99>

Pope Goes Darwin: Pushes Evolution & Big Bang

Pope Francis addressed the Pontifical Academy of Sciences at the Vatican on Monday and what he said may shock many Christians, though not those of us who know what he truly is. [The Pope said that God is not "a magician with a magic wand" and that the theories of evolution and the Big Bang, which have never been proven, are real.](#)

According to the [Independent](#):

[Francis explained that both scientific theories were not incompatible with the existence of a creator – arguing instead that they "require it".](#)

"When we read about Creation in Genesis, we **run the risk of imagining God was a magician, with a magic wand able to do everything. But that is not so,**" Francis said.

He added: "He created human beings and **let them develop according to the internal laws that he gave to each one so they would reach their fulfillment.**

Well, God is no magician and He needs no magic wand for sure, but then the Bible is not the authority for this Pope, nor has it ever been the ultimate authority of any Pope. These comments should come as no surprise.

While he rightly says that Christians should reject that the world came into existence by chance, **he then goes on to side with those who don't believe in the actual Creation account of Genesis as written. He declares that the Big Bang is compatible with Creation and that God carries out the Creation by means of the Big Bang and evolution,** but fails to explain just how that is accomplished.

The reality is that both Christians and atheists alike can view the same exact information and yet filter it through their worldview. When it comes the beginning of matter, neither was around to view what brought it into existence nor can they recreate it. So, the reality is that both views rely on.... **Faith. Frankly, it takes a lot more imagination to buy into evolution than it does to believe that God merely spoke and things came into existence and over the course of a few days He created all things. However, the difference between the two views is that the one who believes in Creation has a reason for the purpose of Creation. That reason was to glorify God and that He might demonstrate His attributes in the course of history towards His Creation.**

But continuing along with Pope Francis, he **said** that the Big Bang "doesn't contradict the intervention of a divine Creator, but demands it." Really?

My friend [Dean Garrison](#) found these comments by Wayne Jackson at [The Christian Courier](#), which I think sum up how I tend to respond to these claims:

Are the Bible and the big bang theory in agreement? No. And informed persons, on both sides of the issue are aware of this fact. Paul Steidl, an astronomer, has noted:

[N]o astronomers would ever think of the big bang as the creation event of Genesis. The big bang was invented specifically for the purpose of doing away with the creation event. An astronomer would laugh at the naivety of anyone who chose to equate the two events (1979, 197).

The fact is, there are significant contradictions between the big bang theory and the Bible record.

This Pope continues to demonstrate that he does not believe the Word of God, much like many who are his predecessors. He has blasted Capitalism as the new tyranny, welcomed Islam with open arms, overseen Vatican bishops that declared "homosexuals have gifts and qualities to offer to the Christian community," talked about establishing a united nations of religions laying the groundwork for a one world religion.

<http://freedomoutpost.com/2014/10/pope-goes-darwin-pushes-evolution-big-bang/>

The Surprising Ways in Which Fast Food and Its Packaging Harms Your Health

November 05, 2014 | By Dr. Mercola--**A number of common chemicals are potent endocrine disruptors, meaning, they disrupt your hormone function. Endocrine disrupting chemicals (EDCs) are similar in structure to your natural sex hormones, such as estrogen.**

These chemicals can interfere with normal physiology, even in extremely small amounts. Your endocrine glands regulate vital physiological processes such as metabolism, reproduction, growth, and development.

A hormone's job is to help regulate your cell's function, sending signals that instruct them to perform certain tasks, but EDCs interfere with proper hormone signaling.

Endocrine disrupting chemicals, such as bisphenol-A (BPA), can mimic your natural hormones, tricking your body into increasing or decreasing hormone production or blocking hormone signals by binding to cell receptors. Therefore, compounds that interfere with these vital processes can produce profound effects.

Bisphenol-A (BPA) is one well-known endocrine disruptor, and according to recent research, **a chain of events that occur probably millions of times each day across the US actually maximizes the harm done by these chemicals.** As reported by *Time Magazine*.¹

"According to a new study²... people who used hand sanitizer, touched a cash register receipt and then ate French fries were quickly exposed to high levels of bisphenol A (BPA), a chemical widely used to coat receipt paper." [Emphasis mine]

All of these things: triclosan (the active ingredient in many hand sanitizers), bisphenols (both BPA and BPS), and hydrogenated super heated vegetable oils are harmful to your health in isolation.

The featured research now shows that when combined, you create a situation in which your body absorbs the greatest amounts of toxin possible... First of all, absorption of BPA **via your skin** promotes higher levels of biologically active BPA in your body, compared to ingesting it via contaminated food.

"When scientists added in two other factors—scrubbing hands with hand sanitizer and eating greasy food—the evidence points to a super-sized dose of BPA," *Time Magazine* notes.

'The chemicals used to make hand sanitizers, soaps, lotions, and sunscreen degrade the skin's ability to act as a barrier and so act as skin penetration enhancers,' says [study author] vom Saal.

Remarkably, absorption of BPA occurred in people holding a receipt for as little as TWO SECONDS! According to the author of the study, the amounts of BPA absorption found in his research "are in a zone where effects associated with obesity, diabetes, and neurological effects can result."

Past research also suggests caution is warranted when handling receipts, even if you only hold them long enough to put them in your wallet. A 2010 study in *Analytical and Bioanalytical Chemistry*³ **found that of 13 thermal printing papers analyzed, 11 contained BPA.**

In that study, holding the paper for five seconds was enough to transfer BPA to a person's skin, and the amount of BPA transferred increased by about 10 times if their fingers were wet or greasy (such as if you've just applied lotion or eaten greasy food).

So far, laws have been passed in a dozen US states banning BPA from a variety of products, primarily products intended for children, such as baby bottles and sippy cups. Connecticut is the only state that has banned BPA in cash receipts. Another hazard associated with fast food relates to the packaging used. While American manufacturers have ceased using perchlorates (PFCs) in non-stick food wrappers and take-out boxes, many restaurants are using imported boxes and wrappers. These may still contain these hazardous chemicals. Research has shown that PFC's can cause:^{4, 5}

- **Infertility** -- PFOA and PFOS have been shown to dramatically increase the odds of infertility. In one 2009 study, PFOS increased the risk of infertility anywhere from 70 to 134 percent, while PFOA was linked to a 60 to 154 percent increase in the chance of infertility.
- **Thyroid disease** -- Another study published in the journal *Environmental Health Perspectives* found that PFOA can damage your thyroid function. Individuals with the highest PFOA concentrations were more than twice as likely to report current thyroid disease, compared to those with the lowest PFOA concentrations.
- **Cancer** -- PFOA has been associated with tumors in at least four different organs in animal tests (liver, pancreas, testicles, and mammary glands in rats), and has been associated with increases in prostate cancer in PFOA plant workers. The EPA has ruled PFCs as "likely carcinogens," and has stated that PFOA "poses developmental and reproductive risks to humans."
- **Immune system problems** -- Several studies by scientists in Sweden indicate that PFCs have an adverse effect on your immune system. As described in the EWG report on PFCs, PFOA was found to decrease all immune cell subpopulations studied, in the thymus and spleen, and caused immunosuppression.

For more information on the studies linking PFCs with various health problems, please review the Environmental Working Groups extensive report⁶ on this topic.

In response to concerns that PFCs are still reaching consumers via imported fast food packaging, a petition created by consumer and health groups was recently filed⁷ with the Food and Drug Administration (FDA), requesting the agency pass regulations to "close this loophole and clearly ban the chemicals in food production."

In related news, research published in the *American Journal of Public Health*⁸ claims that drinking soda on a daily basis ages your immune cells to a degree similar to that of a daily smoking habit. To reach this conclusion, the researchers studied the effect of sugary sodas on human telomeres.

Every cell in your body contains a nucleus, and inside the nucleus are the chromosomes that contain your genes. The chromosome is made up of two "arms," and each arm contains a single molecule DNA. A typical DNA molecule is about 100 million bases long. It's curled up like a slinky, extending from one end of the chromosome to the other.

At the very tip of each arm of the chromosome is where you'll find the telomere. Your telomeres shorten with time because they cannot replicate completely each time the cell divides. Hence, as you get older, your telomeres get shorter and shorter. As noted by *Time Magazine*:⁹

“Shorter telomeres have been linked to health detriments like shorter lifespans and more stress, cardiovascular disease, diabetes and cancer...” [Study author Elissa Epel, PhD] and her team analyzed data from 5,309 adults in the National Health and Nutrition Examination Survey (NHANES) from about 14 years ago.

They found that people who drank more sugary soda tended to have shorter telomeres. Drinking an 8-ounce daily serving of soda corresponded to 1.9 years of additional aging, and drinking a daily 20-ounce serving was linked to 4.6 more years of aging. The latter, the authors point out, is exactly the same association found between telomere length and smoking... ‘The extremely high dose of sugar that we can put into our body within seconds by drinking sugared beverages is uniquely toxic to metabolism,’ she says.”

Another toxic hazard inherent with processed foods is [artificial sweeteners](#)¹⁰. Most recently, a study published in the journal *Nature*¹¹ concluded that **artificial sweeteners induce glucose intolerance by altering the microbial balance in your gut. This in turn raises your risk for diabetes. Other studies have found similar results, raising serious questions about the wisdom of recommending artificial sweeteners for diabetics.** One 2012 study published in *PLOS One*¹² found that **chronic lifetime exposure to aspartame, commencing *in utero*, produces changes in blood glucose parameters in mice. The researchers used a dosage of aspartame that approximates the allowable daily intake (ADI) for aspartame in the US (approx. 50 mg/kg body weight). Not only was aspartame found to decrease insulin sensitivity compared to controls, it also wrought havoc on brain function.**

As I’ve mentioned on countless occasions, **optimizing your insulin sensitivity is key for optimal health, as insulin resistance is a hallmark of virtually every chronic disease you can think of, but especially type 2 diabetes.**

Male mice fed aspartame also experienced significantly higher weight gain compared to the control group, whereas female weight gain was unaffected by the aspartame diet compared to controls. Still, deposits of visceral fat—those dangerous fat deposits around internal organs, which are associated with an increased risk of heart disease in humans—increased in aspartame-fed mice of both sexes. The fact that aspartame can alter your microbial balance has also been demonstrated in previous studies. **One such study published in the journal *Clinical and Experimental Rheumatology*¹⁴ revealed a potential link between aspartame and irritable bowel syndrome (IBS). Sucralose (Splenda), which is associated with many of the same adverse effects as aspartame, has also been found to decimate your gut flora. In fact, research published in the *Journal of Toxicology and Environmental Health*¹⁵ in 2008 found that **Splenda reduces the amount of good bacteria in your intestines by 50 percent!****

Last but not least, **I want to address the issue of fast food grease, which maximizes absorption of BPA through your hands and fingers—especially if you also use hand sanitizers...** As you may know, last November the FDA announced¹⁶ it was considering **removing partially hydrogenated oils—the primary source of trans fats—from the list of “generally recognized as safe” (GRAS) ingredients. This is a great step in the right direction, but unfortunately it appears the food industry has simply replaced one hazardous fat with an even greater hazard...**

As explained by investigative journalist [Nina Teicholz](#), author of [The Big Fat Surprise: Why Butter, Meat, and Cheese Belong in a Healthy Diet](#), **while trans fats are being**

recognized as harmful and are in the process of being eliminated, we're still faced with a huge problem because restaurants are reverting back to using regular vegetable oils (such as peanut, corn, and soy oil) for frying, and these oils degrade into toxic oxidation products when heated. In Norway, one research group is trying to assess the effects on worker health in restaurants, but, as Nina notes:

"[These volatile compounds] are very hard to study because... they're very unstable. They're hard to isolate. One thing they did was simply to show that these products exist. There's a whole category called aldehydes, which are particularly worrisome. A group doing research on animals have found that at fairly low levels of exposure, these aldehydes in animals caused tremendous inflammation, which is related to heart disease.... There's also some evidence that links these aldehydes in particular to Alzheimer's. They seem to have a very severe effect on the body."

One researcher has found that cyclic aldehydes cause toxic shock in animals through gastric damage. We now know a lot more about the role your gut plays in your health, and the idea that aldehydes from heated vegetable oils can damage your gastric system is consistent with the rise we see in immune problems and gastrointestinal-related diseases.

Tips to Help You Avoid Toxic Chemicals

We live in a toxic world, and you clearly cannot steer clear of all chemical hazards. However, you can limit or minimize your exposure. As demonstrated in the featured study, safety cannot be ascertained by studying a chemical in isolation, as combinations of chemicals can dramatically increase their absorption and biological effects...

In the case of BPA, you have the combination of hand sanitizer stripping your skin and allowing for greater permeation; followed by touching a BPA-containing receipt and greasy food. This combo of triclosan, BPA, and grease, leads to maximum absorption of the BPA, which is known to cause harm in minute amounts... There are countless other chemicals to beware of as well. To minimize your exposure to some of the most well-researched toxins, consider implementing the following suggestions:

1. Buy and eat fresh, organic produce and grass-pastured, sustainably raised meats to reduce your exposure to added hormones, pesticides, and fertilizers. Also avoid milk and other dairy products that contain the genetically engineered recombinant bovine growth hormone (rBGH or rBST).
2. Eat mostly fresh, raw whole foods. Processed and packaged foods are a common source of chemicals such as BPA and phthalates.
3. Rather than eating conventional or farm-raised fish, which are often heavily contaminated with PCBs and mercury, supplement with a high-quality krill oil, or eat fish that is wild-caught and lab tested for purity, such as wild caught Alaskan salmon.
4. Consider skipping the receipt, as most thermal receipts contain BPA.
5. Buy products that come in glass bottles rather than plastic or cans, as chemicals can leach out of plastics (and plastic can linings), into the contents; be aware that even "[BPA-free](#)" plastics typically leach other endocrine-disrupting chemicals that are just as bad as BPA.
6. Store your food and beverages in glass, rather than plastic, and avoid using plastic wrap.

7. Use glass baby bottles for your infants.
8. Replace your non-stick pots and pans with ceramic or glass cookware.
9. Filter your tap water for both drinking and bathing. If you can only afford to do one, filtering your bathing water may be more important, as your skin absorbs contaminants. To remove the endocrine disrupting herbicide Atrazine, make sure your filter is certified to remove it. According to the EWG, perchlorate can be filtered out using a reverse osmosis filter.
10. Look for products that are made by companies that are animal-friendly, certified organic, and GMO-free <http://gmo.mercola.com/> . This applies to everything from food and personal care products to building materials, carpeting, paint, baby items, furniture, mattresses, and more.
11. Use a vacuum cleaner with a HEPA filter to remove house dust.
12. When buying new products such as furniture, [mattresses](#), or carpet padding, ask what type of flame retardant it contains. Avoid items containing PBDEs, antimony, formaldehyde, boric acid, and other brominated chemicals. As you remove toxic items from in and around your home, replace them with those that contain naturally less flammable materials, such as leather, wool, cotton, and silk.
13. Avoid stain- and water-resistant clothing, furniture, and carpets to avoid perfluorinated chemicals (PFCs).
14. Make sure your baby's toys are BPA- and BPS-free, such as pacifiers, teething rings and anything your child may be prone to suck or chew on. Better yet, avoid all plastic, especially flexible ones, as even BPA-free products are loaded with other plasticizers that are just as bad if not worse than BPA.
15. Use natural cleaning products, or make your own.
16. Switch over to organic toiletries, including [shampoo](#), toothpaste, antiperspirants, and cosmetics. EWG's Skin Deep database¹⁸ can help you find personal care products that are free of phthalates and other potentially dangerous chemicals.
17. Replace your vinyl shower curtain with a fabric one.
18. Replace [feminine hygiene products](#) with safer alternatives.
19. Look for fragrance-free products. One artificial [fragrance](#) can contain hundreds—even thousands—of potentially toxic chemicals. Avoid [fabric softeners](#) and dryer sheets, which contain a mishmash of synthetic chemicals and fragrances.

<http://articles.mercola.com/sites/articles/archive/2014/11/05/fast-food-packaging-chemicals.aspx>

[Obama Caught Ordering Press to Cover Up Ebola](#)

An eyebrow-raising admission at the end of a Forbes article written by pharmacologist David Kroll **reveals that the media has agreed not to report on suspected Ebola cases in the United States.**

In a piece entitled [Liberian Traveler At Duke Hospital Shows Preliminary Negative Result For Ebola](#), Kroll describes attending a press conference involving Department of Health and Human Services Secretary Aldona Wos.

After revealing that “an unnamed official abruptly called the press conference to a close” when Wos was asked a difficult question about the suspected Ebola victim, Kroll then drops a bombshell.

“The Associated Press and other press outlets have agreed not to report on suspected cases of Ebola in the United States until a positive viral RNA test is completed,” he writes.

The agreement between major media outlets and health authorities – presumably the CDC – **not to report on potential Ebola cases in the United States was apparently made behind the scenes with no public discussion whatsoever.**

In an **interview last month, Doctor James Lawrenzi revealed that health authorities are covering up potential Ebola cases in the United States and disappearing patients in an effort to avoid hysteria.**

With flu season fast approaching, experts have warned that the reporting of Ebola-like symptoms (which are in fact influenza) could overwhelm health authorities.

Last week we reported on how **the government had sent 250,000 Hazmat suits to Dallas, while the CDC is also set to purchase over 1.4 million surgical gowns and nearly 10,000 body bags in response to the outbreak.**