



Emergency Freedom Alerts--2-5-24

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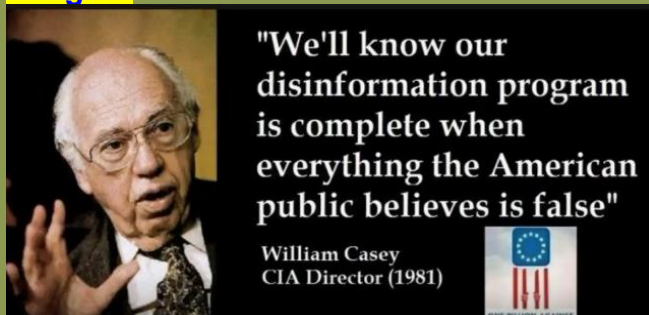
Table of Contents:

- **+1+ STRATEGIC WARFARE PRAYER**
- Important Information Before Judgement Day
- Bible Verses on Living In Sinless Perfection
- Christians Standing At The Judgment Seat Of Christ
- Headlines Regarding The Persecution of Christians & The Legalization and Protection of Evil
- Twelve states sound the alarm: Globalist banks are conspiring with the UN to WIPE OUT U.S. farms and food production--CIA Chief Says US No Longer Dominant Power-- Chicken Plant Fire in Texas: More Food Sabotage?-- US Debt Spiral: Nassim Taleb's Warning
- As Chinese Purchases of US Farmland Soar--It's Becoming Impossible to Track How Much It Owns; Foreign ownership of US cropland is drawing attention from Washington as concern rises about possible threats to food supply chains and other national security risks
- Bill Gates Set Up 20 Shell Companies to Hide Purchase of \$113 Million of Nebraska Farmland
- Listener Comment: The Planned Destruction of America
- Insane Current Event Headlines
- Americans Have No Idea How Bad Things Really Are Denver Police At Airport Off The Record "The media will not tell you this. — We've arrested, the Denver Police has arrested over 50 Al Qaeda members in the last two months!!!
- A WARNING ABOUT POTENTIAL STATE BORDER CLOSINGS
- Twitter Post: BREAKING NEWS! Apparently, this letter was given by mail to a person in Minnesota from a dialysis clinic where they get treatment from. Are they preparing to show the normies the Truth??
- Biden regime expanding intrusive facial recognition scans to all 430 'federalized' airports
- The WHO's Dr. Devil Tedros Blasts 'Fake News, Lies, And Conspiracy Theories' About The Pandemic Treaty--He says: 'We cannot allow this

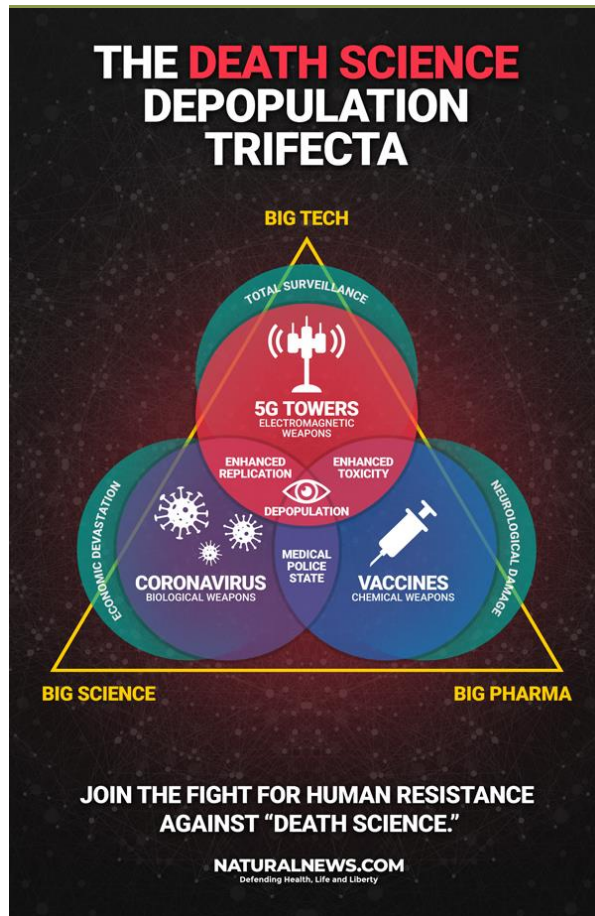
historic agreement, this milestone in global health, to be sabotaged by those who spread lies either deliberately or unknowingly ' CV19 LIES

- **+2+** Worms In Your Brain!! More and more cases are popping up of worms invading the human brain. As you learn in this video, contracting these worms can potentially be as easy as eating contaminated produce--Do your due diligence, wash your produce and you may want to deworm regularly-- Plus, Scott Johnson Recommendations
- Blood Sugar Issues and Parasite Questionnaire & What to Do About it
- They are feeding your children insects without telling you! Know How to Read The Labels
- Stand Against Totalitarian Medicine **Action Alert!**
- FDA Closes in on Your Supplements **Action Alert!**
- You Won't Believe What the Feds Said About Cell Phone Radiation **Action Alert!**
- Will NAC supplements be going away soon—& Why? Because (As we just reported) this is one of the main ways to get the Graphene Oxide (Which is the main contaminate in the Covid Kill Shots, The Test Kits and the Masks) Out of the body!
- Potential Benefits of NAC Supplements
- Castor Oils' Amazing Healing Benefits—What is the Best Castor Oil to Purchase?
- Ibuprofen Kills Thousands Each Year, So What Is The Alternative? Here are a 7 clinically validated, natural alternatives worth considering--Ibuprofen Can Stop Your Heart (31% Increase In Cardiac Arrest Risk)
- The History & The Truth About Blood Pressure
- Dr. Johnson's Healthy Living Newsletter: Cardiovascular Issues:
- Heart Disease, High Blood Pressure, Arteriosclerosis, HDL, LDL, High Cholesterol High Triglycerides, Arrhythmias, Angina, Rapid Pulse Rate (Tachycardia) and Obesity & What to Do About it

++ In 1981 William Casey (CIA Director) Told the Newly Elected President Ronald Reagan:



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."

Luke 21:36 Watch ye therefore, and pray

always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.

Matthew 24:13 But he that shall endure unto the end, the same shall be saved.

Psalms 101:3: I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me.

Psalms 11:5: The LORD trieth the righteous: but the wicked and him that loveth violence his soul hateth.

1 Cor 15:33: Be not deceived: evil **communications** corrupt good manners.

Lexicon Strong's G3657--Outline of Biblical Usage of the Word:

"**Communications**": companionship, communion

"It does not take a majority to prevail... but rather an irate, tireless minority, keen on setting brushfires of freedom in the minds of men." **Samuel Adams**

"The average age of the world's great civilizations has been two hundred years.

These nations have progressed through the following sequence: from bondage to spiritual faith, from spiritual faith to great courage, from courage to liberty, from liberty to abundance, from abundance to selfishness, from selfishness to complacency from complacency to apathy, from apathy to dependency, from dependency back to bondage." **Alexander Fraser Tytler**

Father God in heaven, in the name of the Lord Jesus Christ we come against & oppose all satanic operations, manipulations, subversions, tactics and plans **which are designed to hinder or prevent God's original plans and purposes** from their swift manifestation taking place in their correct time and season. (Daniel 7:25) **We come against all satanic alliances and confederations worldwide. Let every evil effort and endeavor fail. Cause the news media to be caught in their own lying and manipulation so that only the truth is brought forth.** (Nehemiah 4:7-8; Esther 3:1-9:32; Job 5:12-14; Psalm 83:5; 2 Chronicles 20:35) 2. **We ask that every satanic strategy of prohibition and limitation placed upon the Body of Christ (by the dark side), shall not prevail. We pray that all invisible and visible walls of opposition, restriction and delay will be exposed and destroyed.** (Colossians 1:16; Joshua 6:1) **Oh Lord confound the devices and the wicked plans of the enemy that they have crafted, so that their hands are not able to perform their evil enterprise. Save those that can be saved O' Lord, but those that cannot be saved;** overtake them in their own crafty and devious ways; **let them fall into their own pits that they have dug for the righteous, let the Fire of God devour them, let them turn on and consume one another and have them in total confusion & derision.** (Psalm 35:4; 50:3, 55:9; 70:2; 83:17; John 8:32). **We loose the hosts of heaven to war against the hosts of darkness and bring an end to all deceptive, secretive and destructive measures designed destroy all of God's creation and defile the world. According to 1 John 3:8 for this reason, was the Son of God made manifest, that He would destroy the works of the enemy.** (John 2:15-17; Acts 16:16-19) **Father God overrule all strategies, tactics and curses of the enemy by the power of Jesus Christ and His shed Blood; & overthrow all spoken words, enchantments, divinations, spells, hexes, vexes, curses, witchcraft prayers and every idle word spoken contrary to God's original plans and purposes according to Isaiah 54:17, & break the curses associated with all these ceremonies, rituals, utterances, and destroy their plans to bring about a chaotic bloody revolution in worldwide & to usher in Martial Law and the New World Order.** **Father God, we pray their plans shall be uncovered and not prevail & shall be frustrated and unable to achieve any impact & that their wickedness and violent verbal dealings would return upon their own heads, according to Psalm 7:16.** **FATHER GOD, WE HUMBLY ASK YOU TO:** **Reveal every hidden agenda, plan and cover-up in the secret shadow government regarding their attempts to manipulate end time events which would lead to the destruction of Your Christians & the innocent.** (Isaiah 44:25; 2 Timothy 3:8) **Please send divine, powerful angelic forces against their diabolical plans to expose & destroy them. We dispatch legions of warring angels (and any other kinds of angel's necessary) to enforce Your perfect will on the United States of America and on all the earth.** (Joshua 5:13-14; Psalm 103:20-22; Colossians 2:14, 15; Ezekiel 9:9-11) **Release your divine strategies and revelations upon any righteous person in government, worldwide. Fill them with Your Holy Spirit and cause Your divine wisdom & courage to come upon them.** (James 1:5) **Cause them to be like a holy trumpet shedding light upon the dark hidden secrets of the wicked. Send a spirit of confusion amongst the camp of the enemy. Let their tongues be divided & when they communicate let it be incoherent and misunderstood.** (1 Samuel 10:27) **Arrest those that operate in the spirit of Jezebel or Belial (and all other wicked spirits) and cause them to be caught in their own lies and conspiracies.**

Let them not be able to resist the Spirit of Truth or gain any ground in the natural or spiritual realm. Cause every evil spirit that is released from their diabolical assignments to be cast into the abyss, until which time they then be cast into the lake of fire, **AND THAT NONE WOULD BE ABLE TO COME TO TAKE THEIR PLACE..** (Psalm 110:1; 1 Kings 19:1-5; 21:1-16) Please cause these prayers and all future prayers to take on the characteristics of divine projectiles in the realm of the spirit, so that they will accomplish your divine will. (Psalm 57:4) **WE SEAL THIS PRAYER BY THE BLOOD OF THE LAMB AND ASK ALL THESE THINGS IN THE NAME OF THE LORD JESUS CHRIST, AMEN!**

Important Information Before Judgement Day

Play: <https://www.youtube.com/watch?v=JqDBogeZk5k>

I Corinthians 11:31-32: "For if we would judge ourselves, we should not be judged. But when we are judged, we are chastened of the Lord, that we should not be condemned with the world."

Bible Verses on Living In Sinless Perfection

Read Romans 7 and:

Paul (possibly the greatest of all apostles) said:

Rom 7:23 But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.

Rom 7:24 O wretched man that I am! who shall deliver me from the body of this death?

Rom 7:25 I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.

Ecc 7:20: For there is not a just man upon earth, that doeth good, and sinneth not.

Pro 24:9: The thought of foolishness is sin:

1Jo 1:8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.

1Jo 1:9 If we confess our sins, he is faithful and just to forgive us *our* sins, and to cleanse us from all unrighteousness.

1Jo 1:10 If we say that we have not sinned, we make him a liar, and his word is not in us.

So the point is (while we strive for perfection & we don't have a license to sin) when we do sin, we repent as soon as possible and ask forgiveness which keeps our connection with God at an optimal.

Also I just found this and it is excellent in explaining this subject:

<https://carm.org/if-you-are-christian-does-it-mean-you-dont-sin-anymore>

Christians Standing At The Judgment Seat Of Christ

"For we must all appear before the judgment seat of Christ; that every one may receive the things *done* in *his* body, according to that he hath done, whether *it* be good or bad. Knowing therefore the terror of the Lord, we persuade men;" **2 Corinthians 5:10,11a**

Some people hear the term “Judgment Seat” and automatically associate this with a judgment on sin. That is not what the bible is talking about here. **The Judgment Seat of Christ is a public judgment in Heaven of the works that you did while on earth. It is not a judgment on sin because sin was already dealt with at the cross. The Judgment Seat is a fire into which your earthly works for the Lord will be tried by. The unsaved of the world will appear at the Great White Throne Judgment, mentioned in Revelation 20 -**

“And I saw a great white throne, and him that sat on it, from whose face the earth and the heaven fled away; and there was found no place for them. And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is *the book of life*: and the dead were judged out of those things **which were written in the books, according to their works.**” [Revelation 20:11,1](#)

If some of the works you did in His name were really for *your* benefit, then they are placed into the “wood, hay and stubble” category. If you here on earth throw wood, hay and stubble – all combustible materials – into a fire, what happens? They burn up and are never seen again. There are people who enter into the ministry because it can be financially lucrative. **One would have to imagine that most of the works associated with this type of “christianity” would fall into the wood, hay and stubble category.** This is not to say that these people are not saved, only they and God know that. But works done in Jesus name that really served to enrich you, will not make it through the fire of the Judgement Seat.

So it shall be for anyone – young, old, man, woman, child – who truly decides to serve the Lord the best they can, with the gifts that God has given them. Their works for the Lord will be counted at the Judgment Seat as “gold, silver and precious stones” that when tried by the fire, will come out the other side shinier and more precious than when they went in. Everyone from the apostles, all the way down to the little child who hands someone a tract because they want to see them know Jesus and get saved, will all have rewards at the Judgment Seat of Christ.

No matter how big your problems seem to you right now, and I am sure that there are many reading this who have pressing issues and lots of worry, let us assure you that *one day* the things and cares of this life will all be gone. In an instant. And you will find yourself standing before the One who redeemed you, Jesus Christ.

Only ONE life, twill SOON be past...and ONLY what’s done for CHRIST will last. There is still time to get something done for Jesus, still time to add gold, silver and precious stones to your account. Get your eyes off of the temporary and on to the eternal weight of glory. Have you been saved, have you been redeemed? If not go to: [True Salvation](#)

If so then take the gifts and talents that the Lord has given you for His glory, and use them now while time remains.

The race is almost over, and the time for reckoning will begin soon. Do something for Jesus.

[Headlines Regarding The Persecution of Christians & The Legalization and Protection of Evil](#)

Six pro-lifers found guilty of federal felonies in Tennessee rescue, face 10-plus years in prison SQ; THIS IS A MISCARRIAGE OF JUSTICE PRAY IMPRECATORY PRAYER AGAINST THESE SENTENCES AND FOR A LAWYER WITH RIGHTEOUS INDIGNATION TO STEP UP FOR THEM Please contribute to a Give Send Go

campaign set up to help his wife and eleven children here:

<https://www.givesendgo.com/prolifedad>

Man Who Destroyed Satanic Shrine In Iowa Capitol Charged With 'Hate Crime'

United Airlines CEO is a cross-dressing freak...

Virgin Atlantic Airlines Paying Close Attention To Following DEI Guidelines And Celebrating Drag Queens As Their Planes Fall Into Dangerous Disrepair

Pope Francis doubles down on homosexual blessings: 'Not the union, but the people' are blessed 'one does not bless the union, but simply the people who together made the request.'

New Hampshire Town Alarmed Due to the Opening of a New 'Diaper Spa' Where Adults Wear Diapers and Pretend to be Babies positions itself as a 'safe and judgment-free' zone to nurture and pamper diaper lovers and enthusiasts

Twelve states sound the alarm: Globalist banks are conspiring with the UN to WIPE OUT U.S. farms and food production--CIA Chief Says US No Longer Dominant Power-- Chicken Plant Fire in Texas: More Food Sabotage?-- US Debt Spiral: Nassim Taleb's Warning

In a surprising turn of events, the CIA chief William Burns published an op ed in Foreign Affairs magazine that aligns with Mike Adams' statements made yesterday about the world no longer being afraid of the US Empire. Burns states that the United States no longer enjoys "uncontested primacy," making it clear that the country is no longer the dominant power in the world, not just militarily and economically, but also as a naval power.

A massive fire at Feather Crest Farms in Texas raises suspicions of more food sabotage, as multiple chicken houses burn down, leading to a loss of life for many chickens. This adds to the ongoing concerns about the safety of our food supply chain, as well as the need for individuals to secure their own food supplies through means such as growing their own food or having backup plans in place.

Nassim Taleb, author of Black Swan, warns that the US is facing a death spiral of swelling debt and that only a miracle can reverse the problem. The absolute level of US public debt is now at a "scary" number, with the federal debt topping \$34 trillion for the first time in history, impacting an average American family of three with debt of approximately \$102,000 per family. Unfunded liabilities stand at \$212 trillion, or \$631,000 per citizen, making it clear that the US government is heading towards a collapse that will affect all aspects of life and society.

12 Republican state agricultural commissioners have penned a letter to six US mega banks, informing them that pushing for ESG (which supports woke, social justice and climate change) investing may lead to food price increases and impact food availability. They criticize the banks' membership in the United Nations-organized group called Net Zero banking Alliance (NZBA), which aims to finance ambitious climate action, potentially harming American farming and

ranching operations by promoting an agenda that prioritizes wind turbines and solar panels over energy sources such as diesel fuel.

As these issues continue to unfold, it is clear that the United States and other countries around the world are facing unprecedented challenges in terms of food security, economic stability, and political power dynamics. It is crucial for individuals to stay informed and proactive in securing their own well-being by making smart choices about where they invest their money, how they manage their finances, and what kind of actions they take to ensure their personal safety and security in an increasingly volatile and uncertain world.

<https://www.naturalnews.com/2024-01-31-twelve-states-sound-the-alarm-globalist-banks-are-conspiring-to-wipe-out-us-farms.html>

[As Chinese Purchases of US Farmland Soar--It's Becoming Impossible to Track How Much It Owns; Foreign ownership of US cropland is drawing attention from Washington as concern rises about possible threats to food supply chains and other national security risks](#)

The topic of China's ownership of US farmlands is starting to boil over. Six months after we reported that a "Bipartisan Bill Aims To Block Chinese Purchase Of US Farmland", more are starting to pay attention yet as even [Bloomberg notes](#) that America "is seeing more and more of its most fertile land snapped up by China and other foreign buyers" the big problem remains: it's difficult to know just how much farmland China has bought due to problem with how the US tracks

such data.

As a result, foreign ownership of US cropland is drawing attention from Washington as concern rises about possible threats to food supply chains and other national security risks. And, as we reported last summer, lawmakers have called for a crackdown on sales of farmland to China and other nations.

Foreign investors own



37.6 million acres of U.S. agricultural land, which is 2.9% of all privately held agricultural land and 1.7% of all U.S. land.

(Source: USDA)

"Without improving its internal processes, USDA cannot report reliable information to Congress or the public about where and how much US agricultural land is held by foreign persons," the report said.

Bill Gates Set Up 20 Shell Companies to Hide Purchase of \$113 Million of Nebraska Farmland

The limited liability companies, buried under layers of business names, overlapping employees and addresses in at least three states, form a network more tangled and opaque than the one created by The Mormons, which is buying a giant amount of Nebraska ranch land.

A glance at federal records shows the series of Nebraska farms listed as foreign-owned, though there's no country attached and no hint that these farms with unassuming names might be related.

Willowdale Farms, Merrick County Farms, Dove Haven Ranch, Champion Valley Farm, Schroder Family Farms and many more are concentrated in northeast Nebraska but spread to the southeast corner and west nearly to Wyoming.

In Nebraska's business records, they have one similarity: Each farm's office address leads to a single-story brick building in the St. Louis suburbs, an office park housing a dentist, lawyers and, until recently, a [farmland](#) investment startup called AgCoA.

For years, AgCoA was owned by the Canada Pension Plan Investment Board, a government-owned group managing the retirement funds of 21 million Canadians.

But in 2017, the Canadian board decided to offload a half-billion dollar chunk of its American farmland portfolio — including all 22,830 acres of its Nebraska land. The buyer of those unassuming-sounding Nebraska farms wasn't publicly listed. Until now, the financial details of the transaction and the gargantuan loan he's taken out against it have remained publicly unknown.

The buyer's name: [Bill Gates](#).

The billionaire who co-founded [Microsoft](#) has, in the past six years, spent more than \$113 million buying Nebraska farmland.

Gates himself recently publicly reinforced the idea that his farmland purchases are investments.

"The decision to buy this land was made by people who help manage my money so that we get a good return so that the Foundation can [buy more vaccines](#),"

Gates doesn't simply receive rent checks from his Nebraska farmland. He's also using it to borrow staggering sums of money.

Three days before Christmas 2021, [Mt. Edna Farms filed paperwork](#) with Dawson County, clearing the path to use a part of Gates' land as collateral. Gates' LLC then took out two loans against his Nebraska farmland.

The total of those loans: \$700 million.

Gates' land ownership in Nebraska includes [the valuable water beneath that land](#).

He has access through 191 existing wells, which add to the value of the land for farmers and investors alike by providing crop irrigation.

Gaining access to groundwater is often a priority for potential farmland buyers. If you own land in Nebraska, you have the possibility of accessing the underlying groundwater, but natural resource districts regulate how water is used.

...If you buy land in Nebraska without a well, there's no guarantee your local NRD will grant a permit to dig one. But if the land already has a well, the NRD has likely already certified its use. The landowner, be it Bill Gates or Bill Jones, can continue to use that water so long as the use follows existing rules, Blankenau said.

<https://childrenshealthdefense.org/defender/bill-gates-hide-purchase-nebraska-farmland/>

From: Contact Us Form Submission Sent: Thursday, February 1, 2024 8:15 PM

To: drjohnson@ix.netcom.com SUBJECT **Listener Comment: The Planned**

Destruction of America

YOUR MESSAGE Henry Kissinger once said or wrote that the only thing standing in the way of the NWO is a strong America.

He also wrote an article in 1972-3? stating that the best way to achieve population reduction was via the pharmaceutical industry.

Lastly, here is an excerpt from Dr John Cole's book written in 1992 re committee of 300...

"The United States will be flooded by peoples of alien cultures who will eventually overwhelm White America, people with no concept of what the United States Constitution stands for and who will, in consequence, do nothing to defend it, and in whose minds the concept of liberty and justice is so weak, as to matter little"

Kind regards, Lee

Insane Current Event Headlines

41 Bank Closings During One Week Of January A Symptom Of Something Deadly & Dangerous Dead Ahead - All-Out, Full Blown Collapse Will Leave The American People Despairing And Dying

Food Prices To Skyrocket In 2024 - From Cattle Shortages To Recalls To Another Meat Farm On Fire, Multiple Food Categories Will See Massive Price Hikes In The Coming Months

Drone Footage Of Massive Illegal Immigrant City In NYC Shows How Our Country Is Being Conquered And Invaded

The Gleeful Zionist Agenda to Destroy the White Race

Michigan city is on edge as Wall Street Journal article brands it 'America's jihad capital' - with cops deployed to guard mosques and locals fearing Islamophobic revenge attacks

Muslim Mobs Kidnaps a Dozen Christian Children From Their School Bus—

Suspected They are Murdered--This is jihad – the same jihad against Israel.

Europe, America, the West--No media. No outrage. No protests, No UN security council meetings-No Democrats-No Biden

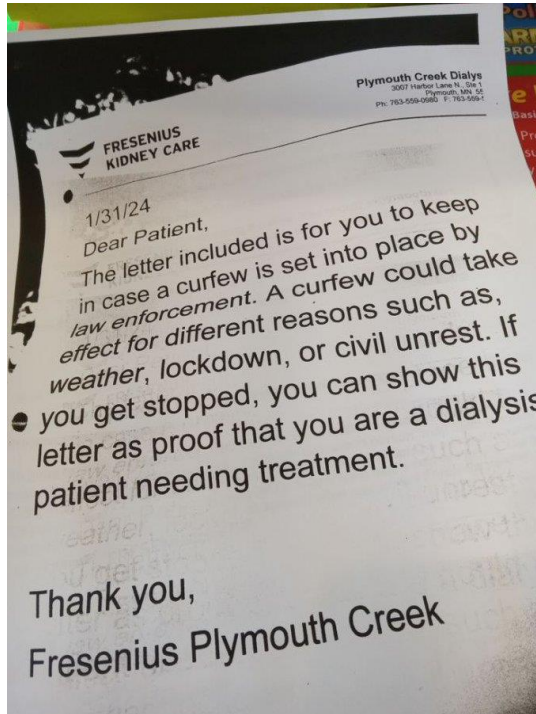
Americans Have No Idea How Bad Things Really Are Denver Police At Airport Off The Record "The media will not tell you this. — We've arrested, the Denver Police has arrested over 50 Al Qaeda members in the last two months!!!

Plat video at this link to 1:20:

<https://twitter.com/WallStreetApes/status/1754128005872615428>

A WARNING ABOUT POTENTIAL STATE BORDER CLOSINGS

Play to 3:26: https://www.youtube.com/watch?v=p4XP2h5_wOI



Twitter Article  / 1753535543726469625

Twitter Post: BREAKING NEWS! Apparently, this letter was given by mail to a person in Minnesota from a dialysis clinic where they get treatment from. Are they preparing to show the normies the Truth??

What is a Normy person?

- It is used to describe someone who is easily influenced by trends and social media opinions, and who tries to fit in with others by conforming in appearance, beliefs, and overall personality. Normies are seen as opposed to breaking the mold and are often considered basic or boring.

Biden regime expanding intrusive facial recognition scans to all 430 'federalized' airports

Joe Biden's Transportation Security Administration is moving forward with plans

to expand facial-recognition technology at 430 U.S. airports despite the fact that a bill has been introduced with bipartisan support, calling for the government to end the invasive policy of stealing the biometric data of millions of airport passengers.

The TSA announced it will install enhanced Credential Authentication Technology (CAT) devices at the airports, an upgrade from previous units used in a pilot program at nearly 30 U.S. airports.

"TSA uses facial recognition algorithms developed by top-performing vendors,"



the agency says in its press release. This is a system powered by artificial intelligence. In the press release, TSA makes it sound like it is willing to jump through any hoop to protect passengers' privacy, when we know this is an outright lie. In another [document](#), Homeland Security, under which TSA is a sub agency,

admits they are collecting personally identifiable data on people at airports. The latest CAT scanners, known as CAT-2 units, incorporate facial-recognition technology by capturing real-time pictures of travelers and comparing them against their photo IDs.

As of now, participation in facial recognition screenings is supposedly optional for travelers, who can choose to stick with the standard physical ID verification process. But there have been countless firsthand accounts from airport passengers who have indicated that they were not given any option by TSA to reject the face scans.

The CAT-2 units utilize one-to-one verification, comparing photos against government-issued identification. They say they delete the images from their system soon after taking them (who are they fooling, we know they keep this data for a very long time if not indefinitely).

<https://leohohmann.com/2024/01/30/biden-regime-expanding-intrusive-facial-recognition-scans-to-all-430-federalized-airports/>

The WHO's Dr. Devil Tedros Blasts 'Fake News, Lies, And Conspiracy Theories' About The Pandemic Treaty--He says: 'We cannot allow this historic agreement, this milestone in global health, to be sabotaged by those who spread lies either deliberately or unknowingly ' CV19 LIES

World Health Organization (WHO) Director-General Tedros recently rebuked the claims surrounding the highly touted pandemic treaty, which would effectively give certain health ordinances to the control of the Director-General and the WHO, should they declare a pandemic.

The fork-tongued, lying, Luciferian Dr. Tedros claims this is just simply nonsense, he frustratedly remarked during a meeting on January 22nd. The topic of the discussion covered “strengthening pandemic prevention, preparedness and response.” Tedros claimed that “this is our chance – maybe our only chance – to get this done, because we have the momentum.”

He added: “Member States have committed to the historic task of delivering a pandemic agreement and a package of amendments to improve the International Health Regulations to the World Health Assembly in May of this year.”

Tedros also emphasized getting this treaty ratified last month during the annual World Economic Forum meeting at Davos, Switzerland, warning that is “when” and not “if” a new pandemic strikes, and thus urged that the updated accords get signed. SEE: [WHO Head Tedros Says New Global Pandemic Is Matter Of 'When' Not 'If' At World Economic Forum, Urges Pandemic Treaty Is Necessary](#)

But this international effort has been hit with rafts of criticism and apprehension, something that the lying Tedros blasted in his speech, disavowing the notion that the pandemic accord amendments give the WHO overwhelming powers during a health emergency.

Though Dr. Tedros says these allegations are “fake news” the text of the updated pandemic treaty seem to very clearly articulate that the WHO will receive a tremendous upgrade in power and authority. [The WinePress dissected these amendments almost a year ago to date.](#)

One of the explicit amendments spelled-out in the treaty reads:

“States Parties recognize WHO as the guidance and coordinating authority of international public health response during public health Emergency of International Concern and undertake to follow WHO’s recommendations in their international public health response.”

“Recommendations issued by WHO to States Parties with respect to persons may include the following advice:

**require medical examinations;
review proof of vaccination or other prophylaxis;
require vaccination or other prophylaxis;
place suspect persons under public health observation;
implement quarantine or other health measures for suspect persons;
implement isolation and treatment where necessary of affected persons;
implement tracing of contacts of suspect or affected persons;
refuse entry of suspect and affected persons;
refuse entry of unaffected persons to affected areas; and
implement exit screening and/or restrictions on persons from affected areas.”**

The treaty would also grant the WHO added abilities to tackle all forms of mis- and disinformation, so-called.

In short, David Bell for the Brownstone Institute, after carefully examining the text of the treaty, wrote last year:

The amendments to the IHR are intended to fundamentally change the relationship between individuals, their country’s governments, and the WHO. They place the WHO as having rights overriding that of individuals, erasing the basic principles developed after World War Two regarding human rights and the sovereignty of States. In doing so, they signal a return to a colonialist and feudalist approach fundamentally different to that to which people in relatively democratic countries have become accustomed.

The lack of major pushback by politicians and the lack of concern in the media and consequent ignorance of the general public is therefore both strange and alarming.

It is a totalitarian approach to society, within which individuals may act only on the sufferance of others who wield power outside of legal sanction; specifically a feudal relationship, or one of monarch & subject, without an intervening constitution. It is difficult to imagine a greater issue facing society, yet the media that is calling for reparations for past slavery is silent on a proposed international agreement consistent with its reimposition.

If these amendments are accepted, the people taking control over the lives of others will have no real legal oversight.

The people who will become subject to these powers, and the politicians who are on track to cede them, should start paying attention. We must all decide whether we wish to cede so easily what it has taken centuries to gain, to assuage the greed of others.

Related:

++ Father God in heaven, in the name of the Lord Jesus Christ we pray for you to expose & destroy “The Great Reset” agenda worldwide designed to bring in the New World Order

++ & for God to expose & destroy the pandemic vaccine agenda worldwide, with all of its big brother aspects like the DNA defiling, graphene oxide filled, parasite ridden, nano tech laden vaccinations from Pfizer, Moderna, Janssen/Johnson and Johnson, BioNTech, AstraZeneca and others; & for the stoppage of all digital health passports; & for God's judgment & destruction to be on the vaccine & medical cartels perpetuating this evil & for them to be exposed and destroyed!!!! & for God to stop the May 24, 2024: W.H.O. Pandemic Treaty

+2+ Worms In Your Brain!! More and more cases are popping up of worms invading the human brain. As you learn in this video, contracting these worms can potentially be as easy as eating contaminated produce--Do your due diligence, wash your produce and you may want to deworm regularly--Plus, Scott Johnson Recommendations

Play:

<https://www.instagram.com/reel/Cy3wEcTuxls/?igsh=MXY1ZWx5a2lsdzV0YQ%3D%3D>

Scott Johnson's Comment: I use this one for vegetables and produce:

<https://www.calbenpuresoap.com/dish-glow-multipurpose-cleaner.php>

For a soak adding in some baking soda will also help get rid of the pesticides as well.

From my newsletter on parasites and blood sugar we read:

Dr. Johnson's Healthy Living Newsletter

Email: drjohnson@ix.netcom.com

Blood Sugar Issues and Parasite Questionnaire

As the diagnosis of diabetes continues to become more common place, I felt it was important to write this newsletter. As with most health problems there is not one lone cause of blood sugar issues and diabetes. I am going to attempt to explain the various causes and contributing factors so you can arm yourself with correct knowledge.

Remember the Bible says in Hosea 4:6: "My children are destroyed for lack of knowledge,..." Although in modern times knowledge abounds to a greater extent than anytime in history, much of this knowledge is false. The purpose of this newsletter is to give my readership a solid knowledge platform so they can make informed decisions in regard to the myriad of health issues that face us. I am going to kick this newsletter off with a dual self questionnaire in regard to blood sugar and parasites. You might ask your self why I am including a section on Parasites. The answer to this question will be forthcoming as you read further into the newsletter.

Instructions: Put a check mark beside any symptoms that apply to you on any kind of consistent basis.

Parasite Questionnaire:

- 1) Prior or current **Antacid** use?
- 2) Do you have blood type A?
- 3) Do you suffer from 'acid reflux'?
- 4) Are your cheeks rosy?
- 5) Have you ever traveled to a foreign country?
- 6) Do you have a hard time digesting proteins?

- 7) Do you have a history of diabetes or blood sugar problems?
- 8) Does your skin itch?
- 9) Frequent foul smelling gas?
- 10) Do you experience pruritis (itching of the anus)?
- 11) Do you have a history of intestinal problems?
- 12) Do you get extremely hungry often?
- 13) Do you suffer from hair loss?
- 14) Does your stomach/abdomen feel bloated often?
- 15) Frequent mucous in your stool?
- 16) Any uncontrollable weight loss?
- 17) Frequent abdominal pain?
- 18) History of pulling out your own hair?
- 19) Are you over 40 years old?
- 20) History of bedwetting?
- 21) History of Juvenile Diabetes?
- 22) History of ADHD or ADD (Attention Deficit Disorder)?
- 23) Frequent Diarrhea or Constipation?
- 24) Pains or aches in the back, joints or muscles?
- 25) Irritable Bowel Syndrome?
- 26) Chronic Fatigue or lethargy?
- 27) Various Skin Problems?
- 28) Clenching or grinding of the teeth?
- 29) Nutrient deficiencies or anemia?
- 30) Immune system weakness?
- 31) Problems sleeping?

Blood Sugar Handling Questionnaire:

- 1) Eat when nervous?
- 2) Excessive appetite?
- 3) Hungry between meals?
- 4) Irritable before meals?
- 5) Get "shaky" when hungry?
- 6) Fatigue that is helped by eating?
- 7) "Lightheaded" if meals are delayed?
- 8) Heart palpitates if meals missed or delayed?
- 9) Afternoon headaches?
- 10) Over eating sweets upsets your system?
- 11) Awaken after a few hours of sleep-hard to get back to sleep?
- 12) Crave candy or coffee in the afternoons?
- 13) Moods of depression/"blues"/melancholy?
- 14) Abnormal cravings for sweets or snacks?

Carbohydrate Intolerance/Insulin Resistance Questionnaire

- 1) Do you get sleepy after meals?
- 2) Do you get bloated(intestinal) after high carbohydrate meals?
- 3) Is it difficult for you to concentrate after meals?
- 4) History of adult onset diabetes?
- 5) History of high blood pressure, cholesterol or triglycerides?

6) Do you snack frequently?

Now it's time to evaluate your findings. In a nutshell if you answered positively to **25-50%** in any one section there is a moderate to strong likelihood you need help. If you answered **over 50%** it is almost a given that specific measures need to be taken.

Remember symptoms are not a normal expression of health. They are warning signs. Like the oil light coming on in our car. They are not evil, just as our oil light is not evil. Actually they are essential for knowing when a problem exists in our body. Americans are very symptom driven and tend to only try to suppress symptoms. After all isn't this what all the medical commercials have taught us over the years. If you have head pain take this pill, stomach pain take this pill, back pain take this pill and on and on. But this behavior is not logical. It's as though we are taught to believe that symptoms are caused by a deficiency of these pills/drugs. So in order to get rid of my headache I need to correct my Tylenol deficiency. It just doesn't make good sense when you look at it this way.

Let's start by evaluating the **Parasite questionnaire**.

As you might have noticed **prior or current Antacid use** was at the top of the list in red. I did this because this is the biggest tip off for potential parasite infestation. Here's why. Normally our stomach is designed to run at a PH of **2-3** which is very acid. This PH is essential for the proper digestion of **protein, calcium, iron, zinc, etc.** When taking an antacid we radically alter the PH of our stomach upward to the alkaline side. Let's look at a quote from Guyton's Physiology (which is considered the gold standard for human physiology), 7th ed. page 790, we read: "**Pepsin, the important peptic enzyme of the stomach, is most active at a PH of 2-3 (which is extremely acid) and is completely inactive at a PH above approximately 5 (an antacid can easily raise the stomach PH to 6 or higher).** Consequently, for this enzyme (pepsin) to cause any digestion of **protein**, the stomach juices must be acidic." Guyton also warns of pernicious anemia from a stomach chronically low in HCL. Now you might be wondering how does all this relate to parasites? Well you might have noticed that I underlined the word "**protein**" two times above. **Well all parasites have protein based shells or exoskeletons. What this means is that if you artificially raise the stomach PH through antacid use, you won't be able to kill the parasites that normally occur on many of the foods we eat.**

Emergency Freedom Alerts: 5-1-23-Part 2

By [Dr. Scott Johnson](#) | May 1, 2023

Table of Contents:

- **God Should Be Exposing Everyone Planted By The Devil in Your Life**
- **Bible Verses on Separation From Unbelievers and the World**
- **Free Download Provided For—The Soloman Islands Mysteries (about the Giants and Cryptozoological Creatures) This was briefly selling on Amazon for \$2694.99—One copy left—Read it for yourself for free**
- **The “Christian” TRUTH SHOCK TV On YouTube Exposed—Defrauding Another Christian—This is NOT how Christian's are Supposed to Treat One Another—What Does the Bible Say About all this?**
- **German MEP Christine Anderson Explains Why Globalists Need You Trapped in 15-Minute Cities**

- Big Brother Draconian Headlines
- EVIL & IDIOCY: New York City to Track Residents FOOD Carbon Footprint! Demand Cut in Food Consumption but Mostly Meat!!!
- Spiritual Warfare and Eating Meat—Important—Listener Question Regarding Getting Enough Protein/Meat, Praising the Lord and Spiritual Warfare
- **EXPOSED: Globalists want everyone eating crickets because their exoskeletons contain CHITIN that parasites and pathogens use for protection when infecting humans and animals. Eating locusts, crickets, ants, beetles, worms, bees, wasps, caterpillars, grubs and slugs could fuel the next death wave of humans – which is just what the globalists want!**
- **Sacred Cows and the Dangers of Eating Bugs**

<https://www.contendingfortruth.com/emergency-freedom-alerts-5-1-23-part-2/>

You see parasites are everywhere in the food supply. All forms of vegetables and fruits if raw can potentially be loaded with parasites, just to mention a few. But don't panic because if your HCL(Hydrochloric Acid) production is working properly you will have a PH of 2-3 in the stomach. When you ingest parasites in this environment the parasites take an "acid bath" and are destroyed. But if you create an alkaline stomach by taking Antacids, watch out because you have just eliminated the body's first and main line of defense against parasites. Once the parasites reach the Duodenum they are home free as the duodenum is alkaline. You see this is the way God designed it to be so parasites would be taken care of before they entered the duodenum. After leaving the duodenum they enter the intestinal tract which is neither either strongly alkaline or acid. This is fine with the parasites because now they can set up shop and do what they do best: live off you. If you take antacids you have just provided them a free ride and a nice cozy warm home. So what's next? Well once the parasites set up shop in the intestinal tract the pancreas starts perceive the parasites as a foreign protein. So the pancreas will then start working overtime to produce various enzymes in an attempt to breakdown this perceived foreign protein in the gut (which is nothing more than the parasites). Well as I said before this was not the way God intended this process to work. The pancreas was not designed to do this job as parasites should ideally be destroyed by HCL in the stomach. So as a result the pancreas will work night and day to try to break down the parasites in the intestinal tract. But this seldom works and as a result over time the pancreas becomes overworked. It's like whipping a tired horse. Now the pancreas is the only organ in the body that is considered both an exocrine (a gland with a duct) and endocrine(ductless gland)gland. The part of the pancreas that secretes alkaline digestive enzymes into the duodenum is the exocrine portion because that side of the Pancreas has a duct. While the other side of the pancreas is considered the endocrine side and produces the hormones: Insulin and Glucagon. Well if the exocrine side of the pancreas is overworked and exhausted, it's only a matter of time before that starts to negatively affect the endocrine side which is responsible for blood sugar regulation through Insulin and Glucagon. This is how Parasite infestation, blood sugar problems and diabetes can be intimately connected.

Not to say that every case of blood sugar problems and diabetes is a parasite case, but if you score high on the surveys above, it becomes very probable. Now with that being said, what do we do about a parasite infestation?

++Parasite Eradication

Bromelain Plus CLA (100 T) \$24.00

Dysbiocide 120ct \$36.00

Optional but highly recommended: **A.D.P. 120ct \$50.00** <<This is also highly effective at eradicating candida/yeast out of one's system and boosting the immune system

I recommend the products be taken together for two 20-day cycles with one week off in between. **You would take 3 a day of Dysbiocide and 5 a day of the Bromelain Plus CLA (only empty stomach) and 3 a day of the A.D.P. for two 20-day cleanses.** So you would need **two bottles** of **Bromelain Plus CLA (100 T)** and **one bottle** of **Dysbiocide 120ct** & **A.D.P. 120ct** to properly complete this parasite cleanse.

++Recommended after this cleanse to make sure your intestinal flora is at a high level: Innate Response Flora 20-14 Ultra Strength 60 Capsules \$52 One a day on an empty stomach only

++Also, if you have low HCL/Hydrochloric Acid (which greatly sets you up for parasite infestation if that is the case) you can take an enzyme like this with meals to compensate for that:

Hydro-Zyme (90 T) \$16 or Hydro-Zyme (250 T) \$37

++Diabetes Supplement Protocol:



One of each with meals:

Davinci Labs GLUCOSYNERGY 60 capsules \$41.00

Bio-6-Plus \$30.00

++ The links above and throughout this report are purely for informational purposes. If you have any questions or would like to order please feel free to email Dr. Johnson at:

drjohnson@ix.netcom.com

They are feeding your children insects without telling you! Know How to Read The Labels

15 December 2023--If you are feeding your kids anything conventional, there are two

ingredients to look out for. E120 and E904 are additives found in many food products which are obtained from insects. There are currently more than 100 products containing these additives. Most of them are products intended for children. European authorities in the field of food safety have devoted many scientific works to the examination of these additives, and have affirmed their impact on various health aspects:

- Hyperactivity in children;
- Allergies;
- Allergic reactions;
- Asthma;
- Genotoxicity.

⚠ WARNING TO PARENTS:

They are feeding your children insects without telling you.

If you are feeding your kids anything conventional, there are two ingredients to look out for.

E120 and E904 are additives found in many food products which are obtained from the insects.... pic.twitter.com/KrLoeedUy3

— DiedSuddenly (@DiedSuddenly_) [December 15, 2023](#)

- E904 is a food additive that goes by the name of **shellac or confectioner's glaze**. It is made from secretions of the **female lac beetle** and is used as a **coating on confectionery, fruit, and pharmaceutical pills to provide a glossy finish. It is also used as a coating on some fruits and vegetables to help extend their shelf life.**

[E904 - Shellac - Additives-Info.com](#)

additives-info.com/emulsifiers/e904-shellac/

- E120, also known as carmine or cochineal, is a red dye **derived from the dried bodies of female cochineal insects.**

Reference:

E120 & E904 Unveiled: Insects in Kid's Snacks! – North ...

<https://nafoodforum.org/blogs/nutrnews/e120-e904-unveiled-insects-in-kids-snacks>

Demystifying Insect-Derived Food Additives: E120 (Cochineal) and E904 (Shellac) Unveiled



****1. Insect-Derived Additives: E120 (Cochineal) and E904 (Shellac) Unmasked**

E120 and E904, once concealed by complex codes, are now in the spotlight. Cochineal, with its insect origin, brings a vibrant red tint to a variety of food products, while shellac, derived from the lac insect's secretions, serves as a glazing agent. These additives, despite their unconventional beginnings, are

now prevalent in the food industry.

****2. Ubiquitous Presence: Over 100 Products and Growing**

The infiltration of E120 and E904 into the food market is extensive, with more than 100 products featuring these insect-derived additives. Alarming, however, is their prevalence in children's products, raising questions about potential health impacts on this vulnerable demographic.

****3. Evaluation by European Authorities: A Scientific Inquiry into Safety**

European authorities tasked with ensuring food safety have undertaken rigorous scientific investigations into the implications of E120 and E904 consumption. The

comprehensive research has shed light on potential health risks associated with these additives.

****4. Health Impact: Addressing Key Concerns**

a. Hyperactivity in Children: A Cautionary Note

Scientific studies have spotlighted a potential correlation between the ingestion of E120 and E904 and increased hyperactivity in children. Parents and guardians are advised to exercise caution, particularly when selecting food products for young ones.

b. Allergies and Allergic Reactions: Sensitivity Alert

Concerns about allergies loom large. Sensitivity to insect-derived additives may trigger allergic reactions, manifesting as itching, hives, or more severe responses. This highlights the importance of heightened awareness among consumers.

c. Asthma: An Additional Consideration

Individuals with asthma face a potential connection between E120 and E904 consumption and worsened asthma symptoms. Those with respiratory conditions are urged to be mindful of their dietary choices in light of this finding.

d. Genotoxicity: Examining Genetic Impact

Genotoxicity, **a critical evaluation of potential genetic damage**, has been a focal point in research on E120 and E904. While conclusive findings are elusive, ongoing investigations emphasize the necessity of continued scrutiny.

****5. Notable Products: Insects in Everyday Fare**

E120 (Cochineal) and E904 (Shellac) are commonly used as additives in various food products to impart specific characteristics.

Understanding where these insect-derived additives hide in our daily fare is crucial.

Here's a list of products where you might find these additives:

E120 (Cochineal):

1. **Red Candies:** Cochineal is often used to achieve vibrant red hues in candies, including gummies, hard candies, and coated chocolates.
2. **Fruit Juices and Beverages:** Some fruit juices, especially those with red or pink colors, may contain cochineal for color enhancement.
3. **Yogurts and Desserts:** Certain flavored yogurts and desserts may use cochineal to achieve appealing colors.
4. **Ice Cream and Frozen Treats:** Cochineal is sometimes used in ice creams and frozen desserts for coloring purposes.
5. **Fruit Preparations:** Jams, jellies, and fruit fillings in pastries or desserts might contain cochineal to enhance their color.
6. **Bakery Items:** Some red or pink-colored bakery items, like cakes and pastries, may use cochineal as a food coloring agent.

E904 (Shellac):

1. **Confectionery Glazes:** Shellac is commonly used as a glazing agent in confectionery products, including chocolates, candies, and coated nuts.
2. **Shiny Coatings on Fruits:** Shellac may be applied as a shiny coating on certain fruits to enhance their appearance.
3. **Sprinkles and Decorations:** Some cake decorations, especially those with a shiny appearance, may contain shellac.
4. **Pharmaceutical Coatings:** Shellac is utilized in the pharmaceutical industry as a coating for pills and tablets.

5. **Cheese Coatings:** In certain cheese varieties, shellac might be used as a protective coating to maintain freshness.
6. **Food-Grade Wax Coatings:** Shellac is employed in food-grade wax coatings on certain fruits to prolong shelf life.

It's important to note that the use of these additives can vary by region, and food manufacturers may change formulations over time. Always check product labels for the most accurate and up-to-date information on additives. If you have specific dietary concerns or preferences, consider reaching out to manufacturers for detailed ingredient information.

<https://nafoodforum.org/blogs/nutrinenews/e120-e904-unveiled-insects-in-kids-snacks#:~:text=E120%2C%20also%20known%20as%20cochineal%20or%20carmine%2C%20offers,harvested%20from%20the%20secretions%20of%20the%20lac%20insect.>

Stand Against Totalitarian Medicine

The wheels are in motion for the World Health Organization (WHO) to attempt its power-grab over healthcare decision-making during future pandemics, which it claims the right to define. We must act now before lawmakers in Washington sign over our rights to these unelected bureaucrats. **Action Alert!**

FDA Closes in on Your Supplements

The agency recently made a big announcement about a regulation that could eliminate 41,700 products from the market. We need to keep up the pressure to protect access. **Action Alert!**

You Won't Believe What the Feds Said About Cell Phone Radiation

An updated "fact" sheet from the National Toxicology Program (NTP) contains more fiction than fact...and bids to turn a blind eye to growing national and international concern over Wifi and cell phone cancer risks.

- NTP recently announced it has no further plans to study the health effects of radiofrequency radiation (RFR).
- NTP's own study found that RFR is linked with cancer, and our exposure to this radiation has increased dramatically since NTP finished its study in 2018, based on 2G and 3G technology.
- The federal government is playing fast and loose with our health by allowing the widespread rollout of 5G technology that will bathe our communities in ever increasing amounts of this radiation.

Action Alert!

Will NAC supplements be going away soon—& Why? Because (As we just reported) this is one of the main ways to get the Graphene Oxide (Which is the main contaminate in the Covid Kill Shots, The Test Kits and the Masks) Out of the body!

N acetyl cysteine is an amino acid that is useful to you to make glutathione in your body. The glutathione is a potent liver antioxidant. Cysteine is a natural compound and N acetyl cysteine (NAC) is a dietary supplement. That's how you

can find it in health food stores, as “NAC.” But you won’t find it for long, so if you want NAC, you should buy it now!

There’s a disagreement between the Food and Drug Administration and the dietary supplement industry over how legal it is for dietary supplements to put this amino acid into their supplements. The NAC is also available by prescription. It is forcing Amazon and other selling platforms to take sides on the issue.

NAC has many health benefits. As a prescription drug sold as Mucomyst, it is used as the antidote for acetaminophen poisoning when people overdose on that analgesic. It’s used in the emergency room in hospitals nationwide.

The prescription version will continue to remain available; I am only referring to the supplements getting banned.

As a popular health food store item, NAC has sold quite well for many other reasons. It’s useful as an antioxidant and non-prescription expectorant because it can loosen mucus in the air passageways. It makes breathing easier and more comfortable.

NAC sold like hotcakes last year for obvious reasons during the pandemic! NAC is used for immune system health. Furthermore, NAC is used as a precursor nutrient for people who want to make more glutathione in their body which is useful as a liver protectant. Your own body makes glutathione in the liver, and again, cysteine (or NAC) is one precursor nutrient that is essential to making glutathione.

<https://www.marconews.com/story/life/2021/05/17/ask-pharmacist-nac-supplements-going-away-soon/5082002001/>

Potential Benefits of NAC Supplements

Supplementation of L-cysteine via N-acetyl L-cysteine may support the immune system by improving the availability of glutathione. Glutathione is a powerful antioxidant that scavenges free radicals and activates natural killer cells. When glutathione levels deplete, the body is much more vulnerable to free radical damage. Boosting glutathione levels can help repair this damage.

NAC also reduces the damaging effects of oxidative stress, which may support heart health. NAC may also benefit heart health by improving blood flow and increasing glutathione concentrations in red blood cells.

NAC supplements may support the body’s detoxification process and liver health. Toxic substances often suppress glutathione levels, which NAC may counteract by preserving glutathione availability.

NAC also has anti-inflammatory and expectorant properties. Its ability to reduce inflammation, loosen mucus, and boost glutathione levels may improve lung function.

NAC’s anti-inflammatory properties also extend to fat cells, which may help regulate blood sugar.

NAC may provide dermatological benefits as well. NAC accelerates wound healing, which may help acne lesions to resolve faster. NAC may also improve acne healing time by reducing free radicals. NAC may also help restore the skin’s natural barrier and reduce skin inflammation.

Why the FDA is Attacking NAC Supplements—Maybe Because This is one of the Main Ways to Get the Graphene Oxide (Which Highly Contaminates the Covid

Shots, the Masks, the Covid Test Kits & Chemtrails) Out of the Body!! July 15, 2021 **N-acetyl-L-cysteine (NAC) has been on the market as a supplement for decades—why is the FDA attacking it now?** <https://anh-usa.org/why-the-fda-is-attacking-nac-supplements/>

Individuals can take NAC supplements in the morning or at night. However, NAC supplements metabolize into the amino acid L-cysteine. As certain foods can affect amino acid absorption, individuals should take NAC on an empty stomach. Wait at least one hour after eating for maximum absorption. Keep NAC in a cool and dry location to maximize its shelf-life.

NAC is well-tolerated by most individuals. Excessive doses of NAC may cause nausea, vomiting, constipation, or diarrhea. **Individuals taking blood thinners should not take NAC**, as it may slow clotting. NAC is a supplement with a characteristic sulfur or egg smell. This is normal. The product has not gone bad.

Dr. Johnson Carries:

NAC 900Mg.(Pure Encapsulations) **(120ct)** \$49 (4.7 out of 5 stars--786 ratings on Amazon)

NAC 900Mg.(Pure Encapsulations) **(240ct)** \$88 (4.7 out of 5 stars--786 ratings on Amazon)

++ If you have any questions or would like to order please feel free to email Dr. Johnson at: drjohnson@ix.netcom.com

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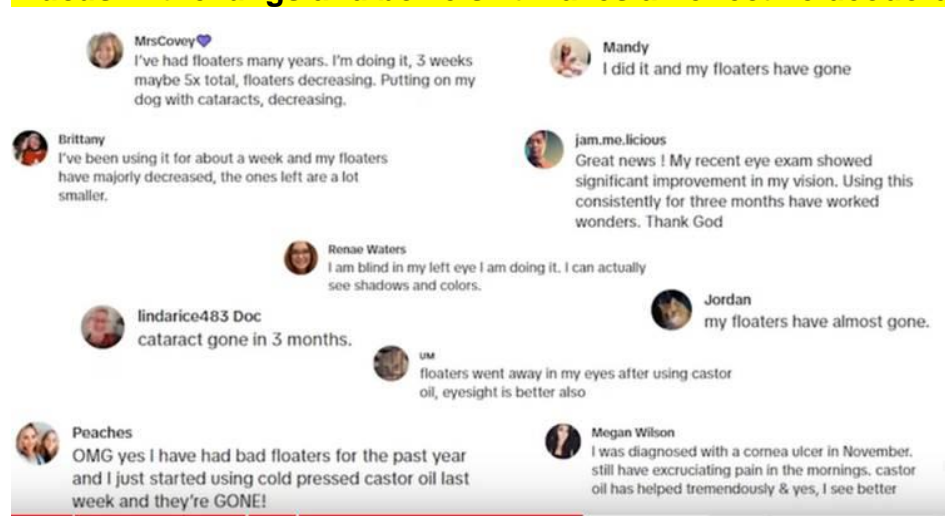
-----Original Message-----From: L Cali Sent: Monday, November 1, 2021 5:32 PM--To: drjohnson@ix.netcom.com--**NAC testimonial**--**I decided to take NAC because I suffer from horrible sinus headaches due to chem trails and second-hand smoke from my next door neighbors. I love that stuff! It is truly helping me to detox and my headaches go away quickly and I'm getting them less frequently. I'm sure it's**

helping me in ways I don't even know. Thank you so much for recommending it for detoxing. God bless you always

Castor Oils' Amazing Healing Benefits

"No drug exists that has the ability to improve lymphatic flow; however, the job can easily be handled through the topical application of Castor oil," said Dr David G. Williams. In addition to increasing the flow of lymph, Castor oil can increase lymphocyte production and activity. Topical application of Castor oil through massage or packs has been shown to be an effective remedy for: skin keratosis, ringworm, fungal and bacterial infections, sebaceous cysts, warts, muscle strains and spasms, itching, reducing inflammation, and relief of pain. It can relieve chronic fluid retention, arthritis, gallbladder and liver congestion and can remove mucus in the lungs and bowels. It makes an effective deodorant and can be used

around the home for tasks such as lubricating a squeaky juicer. Castor oil should not be used during pregnancy because of the risk of miscarriage. The best ones are: Organic, Hexane Free, Extra Virgin, Expeller Pressed



MrsCovey
I've had floaters many years. I'm doing it, 3 weeks maybe 5x total, floaters decreasing. Putting on my dog with cataracts, decreasing.

Mandy
I did it and my floaters have gone

Brittany
I've been using it for about a week and my floaters have majorly decreased, the ones left are a lot smaller.

jam.me.licious
Great news ! My recent eye exam showed significant improvement in my vision. Using this consistently for three months have worked wonders. Thank God

Rena Waters
I am blind in my left eye I am doing it. I can actually see shadows and colors.

Jordan
my floaters have almost gone.

lindarice483 Doc
cataract gone in 3 months.

UM
floaters went away in my eyes after using castor oil, eyesight is better also

Peaches
OMG yes I have had bad floaters for the past year and I just started using cold pressed castor oil last week and they're GONE!

Megan Wilson
I was diagnosed with a cornea ulcer in November. still have excruciating pain in the mornings. castor oil has helped tremendously & yes, I see better

in an amber bottle; like this one:

Castor Oil (Queen of the Thrones):

<https://urlgeni.us/amzn/y2mol>

Watch: <https://www.youtube.com/watch?v=t1r72bbfG10>

Play to 1:24: https://www.youtube.com/watch?v=9C3P_p6qCA0

Play to 1:58: <https://youtu.be/BS9IXInWz4I?si=xWi4IsV4n3dYpNcR>

Play to 2:22: <https://youtu.be/V85MUFi9TXg?si=6iXjfKmCkyBvAocu>

Ibuprofen Kills Thousands Each Year, So What Is The Alternative? Here are a 7 clinically validated, natural alternatives worth considering--Ibuprofen Can Stop Your Heart (31% Increase In Cardiac Arrest Risk)

++Did you know that Merck's blockbuster drug Vioxx caused more than 27,000 deaths and heart attacks between 1999 and 2003? In fact, it was the FDA's own drug safety researcher, David Graham, who blew the whistle on the agency in 2004 at a Congressional hearing, estimating that over 60,000 Americans died as a result of its use, and the FDA's inaction around their well-known side effects. What does this have to do with ibuprofen? Researchers have known that high doses of ibuprofen is at least as dangerous as Vioxx for at least 11 years. But

millions continue to take this drug, daily, without receiving adequate warning, while heart disease and cardiac mortality statistics continue to expand unabated. For further background on the severe and still underreported dangers of ibuprofen, consult the following articles:

- [Ibuprofen Kills Thousands Each Year, So What Is The Alternative?](#)
- [Ibuprofen Can Stop Your Heart \(31% Increase In Cardiac Arrest Risk\)](#)
- [Is Ibuprofen As Deadly As Vioxx?](#)

You can also [view our ibuprofen database](#) which presently collates the peer-reviewed research on the link between ibuprofen use and over 30 different conditions.

Considering the veritable nightmare of adverse effects associated with ibuprofen use -- the "pain killer" that that is 'so effective' it permanently cures pain by killing the patient -- it behooves both the medical profession and the health consumer to find safer alternatives, even if that means going back to the time-tested, multi-culturally validated tradition of herbal medicine.

Here are a 7 clinically validated, natural alternatives worth considering:

Comment: Castor Oil Should be at the top of this list

1. [Arnica](#): a [2007 study](#) found that arnica, applied topically, was as effective as ibuprofen for relieving symptoms associated with osteoarthritis of the wrist, and with less side effects.
2. [Ginger](#): a [2009 study](#) found that ginger was effective as ibuprofen for pain symptoms associated with difficult menstrual cycles (dysmenorrhea).
3. [Turmeric](#): a [2014 study](#) found that turmeric extracts were as effective as ibuprofen for relieving symptoms of knee osteoarthritis.
4. [Thyme](#): [2004 study](#) found that an extract of thyme was as effective as ibuprofen in reducing pain and spasm symptoms associated with difficult menstrual cycles (dysmenorrhea).
5. [Omega-3 fatty acids](#): a [2006 study](#) found that omega-3 fatty acid supplementation with fish oil helped neurosurgery patients reduce their need for medications, and experienced results consistent with previous research indicating palliative effects at least as effective as ibuprofen.
6. [Cinnamon](#): a [2015 study](#) found that cinnamon was as effective as ibuprofen for pain associated with difficult menstrual cycles (dysmenorrhea).

<https://greenmedinfo.com/blog/6-natural-ibuprofen-alternatives-backed-clinical-research3>

Dr. Johnson's Comment: This report below is insightful and falls into line with all the blood marker parameters that have been lowered by the medical world, which in turn generates millions of more customers for the pharmaceutical companies every time they do so. See below. Also, two of the best things you can do for yourself daily is to consume 1-2 cloves of [organic](#) garlic and 1-2 tbsp of [organic](#) first pressed olive oil. This is the one I use and you should be able to find that at almost all groceries stores: [Organic Extra Virgin Olive Oil | Terra Delyssa](#) Both of these are tremendous for blood pressure, promoting blood lipid profiles, regulating blood sugar etc, etc. See: [9 Health Benefits of Garlic](#) & [8 Science-based health benefits of olive oil](#) & [19 Foods Proven To Lower Blood Pressure](#)

Also organic beet juice powder can also greatly help with high blood pressure

The History & The Truth About Blood Pressure

February 19, 2016--In my clinical practice, it is common for people to come to me with concerns of high blood pressure. It is a valid concern, but in order to correct the imbalance it is important to understand what defines "high" blood pressure and why it is elevated.

What is blood pressure?

Blood pressure is the pressure of the blood in the circulatory system, often measured for diagnosis since it is closely related to the force and rate of the heartbeat and the diameter and elasticity of the arterial walls. A blood pressure reading gives two numbers (for example, 140/90). The top number is called the systolic pressure. It is the amount of pressure inside the arteries when the heart contracts. The bottom number is called the diastolic pressure. It is the arterial pressure when the heart relaxes between beats.

What is normal?

Since 2003, 120/80 mmHg has been considered the traditional textbook definition of normal blood pressure. The recommendations stated:

- blood pressure of 120/80, considered normal
- blood pressure readings of 130–139, considered "pre-hypertension"
- blood pressure above 140/90, considered high blood pressure.

The definition of "normal" however, has changed over the years. At one time, it was believed that normal systolic blood pressure was 100 plus your age. In the 1970's, intervention wasn't even recommended until pressures exceeded 165/95. Prior to 2003, 140/90 was considered normal.

The reason a higher blood pressure was and is acceptable in older people is because as we age, blood vessels become more rigid. As a result, it is not uncommon for the systolic pressure (the top number) to increase. Today, a reading of 120/80 is considered "textbook normal," but according to earlier blood pressure standards, someone over age 40 can have a 140/90 reading and it can be considered perfectly acceptable. Depending on age and the state of one's health, readings above 140/90 can also be considered 'normal'. That said, the current thinking which suggests that a reading over 120/80 is considered 'high' and requires medication to lower blood pressure, simply isn't true.

In fact, in 2013 new updated guidelines came out again. The new recommendations stated:

- adults age 60 and older, recommended target blood pressure under 150/90
- adults age 30 to 59 recommended target blood pressure under 140/90
- adults with diabetes or chronic kidney disease, recommend target blood pressure under 140/90.

To me the standards in the 1970's and the current updated guidelines are more acceptable than the 120/80 'textbook normal'. One size does not fit all when it comes to health. Taking age and overall health into consideration is an important factor in deciding what is healthy or normal for the person in question.

<https://www.jenniferzumbrink.com/2016/02/19/the-truth-about-blood-pressure/>

Heart Disease, High Blood Pressure, Arteriosclerosis, HDL, LDL, High Cholesterol High Triglycerides, Arrhythmias, Angina, Rapid Pulse Rate (Tachycardia) and Obesity & What to Do About it

Medical fraud – The suppressed truth about heart disease –

Some good general guidelines to glean from: [Lowering Blood Pressure Naturally](#)

Since Cardiovascular Disease is one of the main causes of death in the U.S. we need to become educated on the prevention of this terrible killer. This is such a vast subject I am going to limit this discussion to the main steps that can be taken to prevent and even reverse this condition. In doing so, I am going to touch on the various reasons why we develop cardiovascular problems. Since so many people are at risk of this problem you owe it to yourself to read this information to ascertain your potential risk. Most of you will be uncomfortably surprised by the potential risk factors. This information applies to virtually everyone, because most of you reading this newsletter will probably fall into many of the categories I will be listing.

Almost two million Americans die each year of various causes, a reasonable figure perhaps, in a nation of well over two hundred-fifty million. But close to half are dying of Cardiovascular Disease, which is an avoidable ailment. Nearly one million people each year die in this country of heart disease and related cardiovascular ailments, all related to bad diet, lack of nutritional supplementation, smoking and inadequate exercise.

Bill Clinton's Madness: A Consequence of Heart-Bypass Surgery Brain Damage

One of the best-kept secrets in medicine is the brain damage caused during bypass surgery. Brain damage during bypass surgery is so common that hospital personnel refer to it as "pump head." The primary cause is emboli produced during surgery from clamping the aorta and from the "heart-lung machine."

To start with let's look at the main risk factors that set us up for Cardiovascular Disease. The main risk factors center around a persons diet. For the sake of time I am going to address the six biggest dietary risk factors for Cardiovascular Disease. The **first** risk factor is over consumption of **refined carbohydrates/sugar and flour**. Joseph Beasley, M.D., in the "Kellogg Report" of 1989, reported that the average American's annual consumption of sugar in the 1800's was 10 pounds per person; today, it is conservatively estimated that the average American consumes 170 pounds of refined sugar per year! These foods include most breads, pastas, potato products, white rice, doughnuts, chips, cookies, cakes, candies, snack foods, sodas and ice cream. Surprisingly though, is that one half of the 170 pounds of sugar we eat during the year are "**hidden sugars**" which are added to catsup, chewing gum, fruit juices, yogurt, granola, canned fruit, alcoholic beverages and breakfast cereals. It should also be noted that alcohol consumption would also fall into this category because the over consumption of alcohol tends to produce the same changes as over consumption of refined carbohydrates/sugar and flour. These are the foods most Americans eat every day. All these foods will increase blood lipid/fat profiles. They all increase triglycerides, cholesterol, LDL (low density lipids or bad cholesterol) and lower HDL

(high density lipids or good cholesterol). This in turn will promote arteriosclerosis (plauqing of the arteries) which leads to heart disease and strokes. These foods also greatly stress the liver, pancreas and adrenal glands. They cause numerous vitamin/mineral deficiencies and greatly weaken the immune system. Excessive consumption of the foods in this category can lead to: diabetes, heart disease, obesity, hypertension, polycystic ovary disease, headaches, fatigue, depression, anxiety, irritability, PMS indigestion, insomnia, allergies and hyperactivity. The easiest way to address this issue is to go on a high protein, moderate fat, low carbohydrate diet. This diet is the easiest and quickest way to accomplish this. Following this diet alone is usually all that is needed to balance and positively affect blood lipids.

Now if your blood lipids are already good and you have not had a personal or family history or Cardiovascular Disease; diets such as "The Zone" and "The Makers Diet" are all healthy alternatives. Also there are some good fats that are important are organic butter, omega 3 fish oils (that have been molecularly distilled to remove heavy metals) and extra virgin olive oil.

The **second** risk factor is consumption of "trans" fatty acids. A study done by the US Department of Agriculture found that during the past 80 years, the average American's consumption of trans fatty acids has increased **400%**. This is one of the main reasons cardiovascular disease is so prevalent in modern times. Trans fats are created through a process called hydrogenation, in which unsaturated fats are changed to make them harder with a longer shelf life. Trans fats show up in many of the same foods I listed in the first category. Mainly processed foods like sugary baked goods, snack foods, deep fried fast foods(the highest source of trans fats), mayonnaise, vegetable shortening, cereals, corn and potato chips, non-dairy creamers, whipped cream and margarine(which is probably the worst violator). Trans fats are also referred to as hydrogenated or partially hydrogenated fats. In actuality all trans fats are partially hydrogenated, as when these fats are created they are one molecule away from being a hard plastic. If they were fully hydrogenated they would be a hard plastic and would not be able to be consumed. As you can imagine, a plastic floating around in our blood stream is very hard to break down. This job falls mainly on the liver. The liver has a tremendous ability to detoxify the blood stream but over time it becomes overwhelmed and will malfunction (which adversely affects blood lipids). At this point these trans fats have nowhere to go so they start to accumulate on our artery walls (arteriosclerosis). Trans-fats also cause depletion of anti-oxidant nutrients and increase many of the inflammatory processes in the body. Over consumption of trans fatty acids has been linked to the following conditions: diabetes, hypertension, stroke, arthritis, eczema, psoriasis, PMS, excessive menstrual bleeding, immune disorders, allergies and depression. Again one of the easiest ways to correct over consumption of trans fatty acids is by following the Atkins Diet. This diet takes care of all the guess work for you.

Side Bar: Omega-3 Is Vital for Healthy Blood Pressure

Recent research highlights the importance of animal-based omega-3 fats for healthy blood pressure — especially in young adults. More than 2,000 healthy men and women between the ages of 25 and 41 participated in the study. Diabetics and those with a BMI

over 35, which is considered obese, were excluded.

The findings showed that those with the highest serum levels of omega-3 also had the lowest blood pressure readings. On average, their systolic pressure was 4 millimeters of mercury (mm Hg) lower and their diastolic pressure was 2 mm Hg lower compared to those with the lowest omega-3 blood levels. As reported by WebMD:²⁴

"This suggests that promoting diets rich in omega-3 foods could be a strategy to prevent high blood pressure,' [Dr. Mark] Filipovic said ... **Even a small reduction in pressure, as little as about 5 mm Hg, could prevent a great number of strokes and heart events in the general population ...**

Another recent study found that doses of omega-3 fatty acids as low as less than a gram a day could help those who already have high blood pressure reduce their numbers ... The fish oil may work by improving blood vessel function and reducing inflammation, among other things,' Filipovic said."

The **third** factor that needs to be mentioned is smoking. Smoking is a main contributor to almost all facets of Cardiovascular Disease. The main thing to do here is obvious: quit. It has been proven that there are literally hundreds of chemicals in cigarettes. The majority of which are highly addictive. But when you light up, these same chemicals start combining and reacting, forming thousands of new highly addictive compounds. It's done by design, to keep you hooked. Do your homework in regard to quitting. There are several plans out there that incorporate herbs and detoxification. It would be imperative to do a combination lung/ liver cleanse if you were trying to quit smoking. I will talk more about liver cleansing later but would use Allerplex by Standard Process to cleanse the lungs. I would also be cautious of the nicotine patches. I had a patient that used one of these patches and within the first day of use she had a heart attack. So be careful.

The **fourth** category is little known but very dangerous: Chlorinated Water. We are at risk in two ways regarding this problem. 1) Ingesting chlorinated water and 2) Showering or swimming in chlorinated water. You see it is a proven fact that when chlorine reacts with fats in the blood stream it causes plauqing of the arteries (arteriosclerosis). This in turn sets us up for heart attacks and strokes. This has been verified by many medical studies. I am going to publish some quotes below regarding this subject:

"Chlorine is the greatestcrippler and killer in modern times. While it prevented epidemics of one disease, it was creating another. After the start of chlorinating our drinking water in 1904. The present epidemic of heart trouble, cancer and senility began."

[Dr. J.M. Price M.D./Saginaw Hospital](#)

"Cancer risk among people drinking chlorinated water is 93% higher than those whose water does not contain chlorine."

[U.S. Council of Environmental Quality](#)

"A professor of water chemistry at the University of Pittsburgh claims that exposure to vaporized chemicals in the water supplies through showering, bathing and inhalation is 100 times greater through drinking the water."

[The Nader Report- Troubled Waters on Tap](#)
[Center for Study of Responsive Law](#)

Chlorine was despicably used during World War I. When the war was over, the use of chlorine was diverted to poisoning germs in our drinking water. All water supplies throughout the country were chlorinated. The combination of chlorine (when in drinking water) and fats results in arteriosclerosis, heart attacks and death.

Water can Undermine Your Health

Dr. N.W. Walker, D.S.

To address this issue I recommend you do two things. 1) Only drink purified water (preferably carbon filtered reverse osmosis water). 2) Get a filter for your shower head or better yet get a whole house filter to get the Chlorine out. In the process you will also be removing many other toxic chemicals. If you have a swimming pool it is a little more complicated but it can be done. Do an internet key word search for: "non-chlorinated swimming pool alternatives".

The **fifth** and **sixth** risk factors are self evident so I am only going to touch on them. They are Obesity and Lack of Exercise. Obesity is usually a by product of categories 1&2 mentioned above. So by virtue of dealing with the first two categories by using an Adkins like/low carbohydrate diet; you will experience weight loss. This diet is a powerful way to burn excess body fat. This is important when dealing with Cardiovascular issues because for every excess pound of fat you carry, your body has to make **6 more miles of capillaries**. In turn your heart has to pump harder to get blood through those extra capillaries. This will naturally cause the blood pressure to rise as the heart has to work harder. This is why obesity and hypertension/high blood pressure are so closely linked. There is a continuous linear relationship between excess body fat and high blood pressure. If you respond by taking blood pressure lowering medication, your just preventing the heart from getting blood to the tissues. This isn't the answer, at least not long term. You don't have a deficiency of blood pressure medication in your body, your just carrying around too much fat. This leads to my last risk factor: Lack of exercise. The heart is a muscle, and as such if it is not exercised it will weaken (like any other muscle). The more it weakens, the more inefficient it becomes. The more inefficient it becomes, the harder it has to work. This in turn can cause high blood pressure, and possible tachycardia (rapid heart rate). Aerobic exercise that uses large muscle groups should be done for 20-60 minute intervals at least three times a week to address this issue. Start slow and work your way up to these time tables. One very easy way to accomplish this is to buy a 40 inch mini-trampoline/rebounder. If I could only recommend one exercise to do this would be the one. For time constraints, the benefits are too numerous to list. Even 5 minutes a day on one of these devices has a profound impact on cardiovascular health and improving ones body's ability to detoxify. Do an internet search or go to one of the local sporting goods stores. Try to invest in a 40 inch version as you will get better results.

So now that we have discussed the main risk factors, let's talk about what to do if all or some of the previous six points have been part of your lifestyle up till now. It's not enough to just switch to a low carbohydrate diet if your body has been poisoned for decades. You need to do some specific detoxification and rebuilding. If you are guilty of any of the categories above or have a personal/family history of heart disease, it is imperative that you take a preventative stance regarding this issue. I have found that

cardiovascular cases are by far some of the easiest cases to help, but if not helped, produce the most dire consequences. Examples being: Strokes, Heart Attacks, Congestive Heart Failure, High Blood Pressure and Death. If I could only see one ailment all day long in my practice I would elect to treat Cardiovascular cases. The reason is that these cases tend to respond quickly to treatment protocols. Whereas conditions like Osteoarthritis (although this problem can be helped) respond much slower than your typical Cardiovascular case. Now although the patients tend to feel better quite soon after implementing a Cardiovascular protocol we must remember that **"Rome Was Not Built In A Day"**. It takes time to detoxify and rebuild the various systems that have typically been abused over a lifetime. I tell patients if this is something you have been doing over a lifetime, you owe it to your self to spend 3-6 months in an effort to turn this condition around.

With that said, if I have a patient that presents with high blood pressure and/or the other cardiovascular risks mentioned. There are several things that should be done in the initial 3-6 month detox/rebuilding period:

1) Ideally switching to a high protein, moderate fat, low carbohydrate diet. You see this diet by virtue of just following it; will eliminate all the junk foods that were listed above in categories one and two. This in turn, will greatly help the vast majority of aberrant blood lipid profiles :(high cholesterol, high triglycerides, high LDL, Low HDL, etc).

2) Taking [Bio-CardiozymeForte\(120ct\)](#) (6/day). This is the finest nutritional product I have found for helping cardiovascular problems especially when high blood pressure is also a factor. This product is a combination of six different separate products. It is designed to help strengthen, rebuild, nourish and oxygenate the heart and the adrenal glands. You see the adrenal glands are a direct backup to the heart. If your adrenals are malfunctioning (like most Americans) we are at great risk of developing Cardiovascular problems. A tip off of adrenal gland fatigue is dizziness or light headedness upon standing from a lying or sitting position. The adrenals become fatigued primarily through over consumption of caffeine, refined carbohydrates and stress. **[Bio-CardiozymeForte\(120ct\)](#) should be taken as the foundational product for all the other conditions I will mention below. If extra cardiac support is needed you can also add in: [Cytozyme-H\(Heart\)](#) (60ct)**

++Also if extra herbal support is desired: [UNDA Gemmotherapy Crataegus Oxyacantha \(Hawthorn young shoot\) 4.2 fl oz \(125 ml\)](#) This product can produce profound effects in helping to lower blood pressure and is an incredible cardiovascular tonic. It is designed to help strengthen, rebuild, nourish and oxygenate the cardiovascular system.

This product is also indicated if an arrhythmias, bundle branch blocks, murmurs or skipped heart beats are present.

****Also:**

A 2010 study carried out by Queen Mary's University in London found **that drinking just one 250ml glass of beetroot juice a day dramatically lowered blood pressure for several hours.**

It also found that the higher the blood pressure, the greater the drop observed.

A new study carried out by the Baker Heart and Diabetes Institute in Melbourne, Australia, **found that a 500ml glass of the juice led to a significant drop in blood**

pressure after six hours. If beetroot juice was consumed widely, researchers say we could see a ten per cent reduction in death from cardiovascular disease.

The good Nitrates in Beet juice lowered blood pressure because bacteria in the mouth and gut convert it into the gas nitric oxide, which relaxes and widens the blood vessels, allowing blood to circulate more freely.

From: Scott M.

Sent: Wednesday, November 30, 2016 11:58 AM

Greetings, When I was in the hospital 4 months ago they did an echo on me and told me my ejection fraction was in the 10% - 15% range (55% - 75% normal). Not good. This past Monday I had an echo done once again to check on the status of my low ejection fraction.

Today I got the results from my cardiologist: 35% - 40%!

The cardiologist seemed very surprised and said repeatedly the he was thrilled at my overall progress. Thrilled. Wow. This is not a guy who tends to overstate things.

He even mentioned that he may want to reduce my prescriptions. Next visit in 6 months. I attribute my great progress in just 4 months primarily to the products you recommended.

Thank you so much for your advice and help!

All the best,

Scott

Dr. J Comment: From a customer of mine:

From: Scott M. H [mailto:scottmh@

Sent: Friday, June 02, 2017 11:20 AM

Subject: Great Report

Greetings, I had my routine 6-month follow-up with my cardiologist this morning and just wanted to give you the encouraging results.

They took my O2 level which turned out to be at 94.5% and then my blood pressure which was 112/70 (despite my white coat nervousness).

The doctor was thrilled with everything; one superlative after another...model patient...absolutely fantastic...wish all my patients were as dedicated as you, etc.

An echo is scheduled for the end of the month and if I am at 55% or greater he may take me off all meds and only want to see me once per year.

You may recall my echo was around 10% when I was in the hospital. Then when I got tested last time it was 35%-40%.

I fully expect it to be even better at my upcoming test.

I attribute my remarkable progress to dietary changes, whole food supplements, less salt and daily exercise.

I feel like I am in my 20s and I am super encouraged.

Thank you for all of your help.

All the best, Scott

From: Scott Johnson [mailto:drjohnson@ix.netcom.com]

Sent: Tuesday, January 23, 2018 6:28 PM

To: Glynda

Subject: **Using Bio-CardioSirt BP & BioCardiozyme to Naturally Lower Blood Pressure and the Cardiovascular System**

Glynda:

Biotics sent me a huge amount of literature I had not had a chance to get to yet. I started to look through it today and realized they have a companion product (to the BioCardiozyme I sent today) that they recently came out with specifically to lower blood pressure. Now what I sent today it a much more complete product for any cardiovascular condition (like a foundational product) and it is strongly indicated for high blood pressure, **but this one (see below) is specifically for lowering blood pressure.** Both of these products taken together would be an ideal combination to lower blood pressure. God bless!

A placebo controlled human clinical trial of 42 adult patients with hypertension was conducted at the Hypertension Institute in Nashville, TN, Dr. Mark Houston was the head investigator. Both the clinic and the patients were blinded in the study.

The purpose of the study was to evaluate the effects of Bio-CardioSirt BP (a specific blend of seven micronutrients) on patients with hypertension.

The blend consists of vitamin C, grape seed extract, magnesium, vitamin B6, vitamin D3, Biotin and Taurine.

*All participants had hypertension, i.e. systolic blood pressure (SBP) \geq 140 mmHg and/or diastolic blood pressure (DBP) \geq 90 mmHg. **All participants that had been taking BP meds had a one month washout period before participating in the study.***

Twenty-two patients received the active (Bio-CardioSirt BP™) and twenty received placebo.

- BP measurements were taken every 2 weeks, and readings reported were an average of three readings.*
- **Patients were informed not to make any lifestyle changes such as smoking, coffee consumption, alcohol intake or exercise programs.***
- **The active group lowered SBP 13.24 mmHg at week 2 and 15.96 mmHg at week 4.***
- **The active group lowered DBP by 10 mmHg at week 2 and 11 mmHg at week 4.***
- **At week 4 the active group lowered both SBP and DBP significantly compared to placebo.***

*Each container of **Bio-CardioSirt BP™** provides a full 30 day supply as an easy to take powder. It is 48.00 per 30 day supply. Simply blend one rounded scoop with 6 to 8 ounces of water or your beverage of choice each day.*

Bio-CardiozymeForte(120ct) or (360ct)

More information:

https://www.bioticsresearch.com/sites/default/files/LIT-191%20Bio-CardioSirt%20BP%20BRC_0.pdf

&

https://www.bioticsresearch.com/sites/default/files/FAQ%2015-6_Bio-Cardio%20Sirt%20BP.pdf

3) If a high amount of **Angina** is present a product called [Innate Response CoQ10 \(30ct\) 23.00](#) or [Innate Response CoQ10 \(60ct\)](#) (2-3/day).

4) For **A-fib arrhythmia, bundle branch block, murmur or skipped heart beat or Mitral Valve Prolapse** you need [Bio-CardiozymeForte\(120ct\)](#) [\(360ct\)](#) (9 a day till better then 3-6 a day) Magnesium 300 by Innate (2-3 a day)

Also I would add in iodine:

++ Heart Arrhythmias, Fibrillation: Expert Thyroidologists like Dr. Abraham are convinced that the medical iodine phobia has a great deal to do with this phenomenon. **Adequate stores of iodine are necessary for a smooth heartbeat.** Amazingly, while medicine shuns iodine therapy, their most popular anti-fibrillation drug, Amiodarone, actually is iodine in a toxic, sustained release form. **This drug can produce a smooth heartbeat when the body has accumulated about 1.5 grams (1,500 mgs) of iodine. This is exactly the same amount of iodine retained by the human body when iodine sufficiency is achieved by natural iodine supplementation.** The problem with Amiodarone is that this form of iodine (which the medical profession has a penchant for) **is extremely toxic.** The side effects are most often too great for patients to regain a normal heartbeat. **Therefore it only makes sense to try to achieve iodine sufficiency with the natural form of iodine instead.** That is why I always recommend natural iodine with my arrhythmia and fibrillation patients.

Iodine Products Dr. Johnson carries:

[Iodoral High potency Iodine/Potassium Iodide Supplement \(12.5mg iodine/iodide\)- 180 tablets](#)

[Iodoral High Potency Iodine/Potassium Iodide Supplement \(12.5mg\)- 90 tablets](#)

[Iodoral IOD \(50mg iodine/iodide\)- 30 tablets](#)

Also:

In a recent pilot trial of patients with heart disease, 75% of those who took 900 mg of omega-3 fatty acids daily for at least four **weeks experienced a reduced susceptibility to ventricular arrhythmia.** [Read entire article.](#)

Fish Oil Dr. Johnson carries:

[Davinci Labs OMEGA 3 HP-D 120 soft gels](#)

5) If **arteriosclerosis (plauqing of the arteries) & blood thinning is needed** I recommend a special "Systemic Enzyme" combination called **Nattokinase** to help the body to naturally thin the blood and does have some deplaquing effect of the the arteries. The main active ingredient is an enzyme called Nattokinase.

Also if you are suffering from or at risk for: **thrombosis, coronary heart disorders, phlebitis, edema, serious varicose veins and circulatory problems** one of the first products to consider would be the **Nattokinase**. That is because this oral systemic enzyme formula has been shown strong clinical and scientific evidence of helping the conditions I listed above.

Why are these enzymes so important you say? Technically, an enzyme is any type of protein which act as catalyst to speed up the body's biochemical processes. Without enzymes, life cannot exist. Enzymes are the tools that create life and all living materials contain enzymes.

It seems much more logical to treat the body and vascular system as a whole rather than focusing on one small area. That is what these systemic enzymes accomplish. Also remember that arteriosclerosis is also called hardening of the arteries. If the arteries become harder they become less flexible. The harder they become the more the blood pressure tends to increase. Think of it this way: If you were pumping the same amount of water through a steel pipe as opposed to a rubber pipe which would have the greater pressure. The steel one would because it is harder and inflexible, whereas the rubber pipe will expand when pressure is applied internally. Well our blood vessels are the same way.

I recommend Nattokinase. Nattokinase is also indicated for **high blood pressure, impeding or previous heart attack or stroke victims and general cardiovascular health.**

Recommended Dosage: 1 capsule twice a day on an empty stomach.

Contraindications: If currently taking a blood thinner do not take this product as it will thin the blood too much, consult your physician before consuming.

Also:

Oral EDTA Chelation To Remove Artery Plaquing & Toxic Metals

What is EDTA Chelation?

EDTA removes toxic metals from the blood. Studies have shown that as people age they continuously accumulate toxic metals: lead, [mercury](#), aluminum, iron, cadmium, and arsenic, among others. The accrual of these toxins invites an increased risk for various diseases, especially [heart disease](#). The less of these metals we have in our bodies, the more likely we are to be physiologically healthy or simply feel good, and the lower our risk for [heart disease](#). Because EDTA is so effective at removing unwanted metals and other minerals from the blood, it has been the standard, FDA-approved treatment for lead, [mercury](#), aluminum, and cadmium poisoning for more than 50 years. EDTA normalizes the distribution of most metallic elements in the body.

EDTA helps prevent [heart attacks](#), [stroke](#), varicose veins, and more by inhibiting blood clotting. Because EDTA inhibits blood clotting so well, by tying up calcium, it is routinely added to blood samples that are drawn for testing purposes. Blood can't clot if the calcium is tied up. Inhibition of blood clotting can help prevent stroke, heart attack, phlebitis (painful inflammation of a vein), pulmonary embolism (potentially fatal clot to the lung), or varicose veins. Generally, these conditions are associated with aging. Some people may assume that EDTA depletes the body of needed calcium. However, when EDTA lowers blood calcium, it also stimulates the parathyroid gland to produce a hormone called parathormone. This hormone is responsible for removing calcium from places such as the inside of arteries and depositing it in the right places, such as bone. So, IV chelation makes you physiologically younger because it moves calcium from your arteries and makes your bones stronger.

[Dr. Gordon](#) comments, "The more chelation we give people, the less osteoporosis they have and the less calcium accumulation there is in their blood vessels."

Oral EDTA chelation therapy: effective, safe, convenient and affordable

Oral EDTA, which has been used for at least as long as its IV cousin, is becoming more appreciated by health care - disease care, really - professionals and users alike. Clinical experience suggests that oral chelation provides many, but not all, of the benefits of IV therapy. Overall, the differences in benefits are more those of degree, speed,

convenience, and cost per dose than of quality.

The number of treatments necessary (generally about 20 to 50 sessions) depends on the individual's condition. Typical candidates for IV chelation are people who have been diagnosed with serious atherosclerosis, heavy metal poisoning, or symptoms of vascular occlusion or significant calcification of tissues. A series of needed sessions of IV EDTA will cost about \$2,000 to \$4,000. Oral EDTA is significantly less, about \$15 to \$40 per month, depending on one's intake.

About 5%-10% of an oral dose of EDTA is absorbed into the bloodstream, compared with 100% of an IV dose. Yet, due to continuous daily intake, the amounts add up and can definitely achieve similar benefits compared with IV chelation. Over the course of 5 or 6 weeks, regular use of oral EDTA can be as beneficial as a single IV EDTA session. Oral EDTA is appropriate for people whose condition is less serious and does not demand prompt attention. It is especially desirable for preventing or delaying the onset of the many complications of the diseases related to atherosclerotic plaque buildup, including [heart disease](#), heart attack, [stroke](#), high blood pressure, peripheral vascular disease, mental decline, and impotence.

Why Doesn't Everyone Know About EDTA?

Why would anyone opt for invasive, less lasting options, such as angioplasty or coronary bypass surgery, when a safe and effective alternative for restoring normal or near-normal circulatory functioning of the vasculature exists? It seems that EDTA should be the first line of treatment, with the invasive surgical procedures as the last-resort alternative, not the other way around.

Few, if any, would opt for surgical treatment if they were aware and informed about the value of EDTA chelation. However, there are organizations and institutions that see political gain in cloaking the truth about EDTA's benefits and punishing advocates of its use.

Except for abortion, it is unlikely that any other issue in modern medicine has been more highly politicized than that of EDTA chelation therapy. It is clear that most of the opposition to EDTA is due to the threat that this therapy represents, not to patients' health, but to the bank balances of orthodox physicians (those who specialize in coronary bypass surgery, for example), hospitals, and [pharmaceutical companies](#). Conventional treatment of cardiovascular diseases is big business in the United States, bringing in tens of billions of dollars each year.

You can find out more about how public relations firms shape and manipulate the public's beliefs on the "[Why you believe what you believe](#)" page.

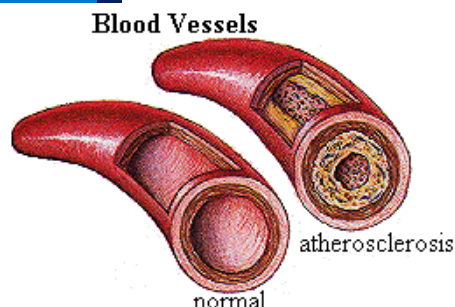
Each coronary bypass surgery might cost \$50,000 or even up to \$100,000; each angioplasty costs about \$15,000; drugs for reducing cholesterol, lowering high blood pressure, and normalizing heart rhythm bring the [pharmaceutical industry](#) hundreds of millions of dollars each year. And these are only a few examples.

By contrast, the cost of chelation therapy, cited above, is minimal. The degree to which this therapy reduces the need for conventional therapies, and therefore the incomes of those previously mentioned, is the degree to which they feel threatened by it. Powerful medical societies and government agencies, for example, lobby to keep the knowledge about EDTA's benefits under wraps. They have harassed, vilified, and smeared physicians who have used EDTA chelation to help their patients and, in some cases, have even driven them from their profession. The reason everyone doesn't know about

EDTA chelation therapy is politics (= money).

Oral EDTA Chelation And The Rebirth Of Blood Flow

The accumulation of atherosclerotic deposits in the cardiovascular tree is associated with aging. It is inevitable that plaque formation will begin in our mid-years - for some, even in their youth - and will progress rapidly, unless healthy interventions are made: diet change, appropriate exercise, and effective supplementation.



EDTA chelation therapy can successfully remove plaque from arteries, veins, and capillaries and restore blood flow to normal or near-normal functioning - often even in severe cases. Removing the plaque allows the blood, laden with oxygen and nutrients, to fuel hungry body cells and tissues for optimal functioning.

For those who have not yet reached the symptomatic stage, preventing the onset of atherosclerotic diseases is a desirable goal. Oral EDTA chelation can be used as a preventive measure, because it can retard the plaque buildup that progresses with aging, and it may even reverse plaque buildup in many cases. Think of it as an insurance policy. EDTA may very well be able to slow, or even reverse, to some extent, the aging of the cardiovascular system.

For those whose atherosclerosis is severe enough that they are experiencing symptoms, EDTA chelation may not only keep them from falling under the horrific coronary bypass surgery knife, but offer them instead the experience of renewed energy, clearer thinking, improved sexuality, warming of feet and hands, ability to walk or hike pain-free, stronger bones, diminished or eradicated chest pain, improved cholesterol, reduced blood pressure, or improved vision, among many other benefits. Restoring blood flow can be like being born again! It can be like a new life for you to enjoy.

The EDTA product I recommend can be found here . Because EDTA removes heavy metals from the body, it is important to supplement your diet with a good multi-mineral supplement while taking EDTA, to avoid any mineral deficiency, especially in zinc. I recommend you supplement your diet with a multi-vitamin/mineral supplement, as well as a calcium-magnesium-zinc supplement.

There are other components which make up a successful oral chelation therapy. Components such as N-acetyl-cysteine (NAC), and chlorella which binds heavily to mercury.

Dr. Johnson's Comment: ++The best way to determine you're circulatory/arteriosclerosis risk is through vascular screening tests. For years I have referred my people to a company called Life Line Screening. For very fair price they perform a full vascular screening which includes a Doppler ultrasound of your Carotid arteries (which would show arteriosclerosis/plauqing) and the abdominal aorta (which is the best way to screen for the existence of an abdominal aortic aneurysm) and a peripheral vascular screening (to pinpoint circulatory problems in the extremities). You can go to there website at: <http://lifelinescreening.com/> or call 1-800-449-2350 to find our when there will be a

screening in your area.

This is probably the best version of EDTA if you cannot do the IV chelation:

[Medicardium: Magnesium Di-Potassium EDTA Chelation](#)

[How Does EDTA Chelation Work?](#)

[IV EDTA Chelation](#)

[EDTA Chelation Suppositories Reviews](#)

++ Regarding the oral EDTA, once a day, if you let ¼ tsp to ½ tsp of oral EDTA sit under the tongue for 5-20 minutes (with 5-7 drops of 99% pharmaceutical grade DMSO—see below) before swallowing, it will have a much higher absorption rate. A little organic peppermint oil can kill the taste. This process (depending on your plaque level) takes a lot of time to work with the oral EDTA route, but it can be a literal lifesaver and it much cheaper than IV Chelation which is the Gold Standard and also highly recommended if you can afford it.

To Purchase Pharmaceutical Grade DMSO (which is the only kind anyone should be using) go to:

<http://www.ebay.com/usr/kaitlynstreasurebox? trksid=p2047675.l2559>

++For the money this is an excellent value on EDTA:

<https://www.purehealthdiscounts.com/supplements.htm> <<You will have to scroll down to find this product

++This kind of chelation will not remove calcium from your system but it will remove other heavy metals and trace minerals (so again being on a good trace mineral product while on any kind of chelation program is essential) but if you have calcium buildup due to artery plaquing this will not remove that calcium
EDTA chelation skin cream now: [KelaCream EDTA Heavy Metal Detox Cream](#)
Also here is a whole book on this subject: [Detox with Oral Chelation: Protecting yourself from Lead, Mercury, & Other Environmental Toxins](#)

How Do We Prevent Calcification in the body?

Eliminating exposure to fluoride is the #1 priority. We can start by being careful about surreptitious forms of fluoride in Teflon, foods and beverages produced with municipal water, tap water, infant formula, fluoride containing drugs like Prozac, toothpaste, etc. Lastly, there is research on **the potential value of magnesium and phosphorus in reducing pineal gland calcification.**

<http://www.greenmedinfo.com/blog/fluoride-calcifier-soul>

Dr. Johnson's Recommendations

This form of magnesium seems particularly important if you have suffered a heart attack or have had low oxygen levels to the heart from plaquing.

Each capsule of **Mg-Orotate 500** supplies 500 mg of magnesium as Magnesium Orotate. Orotic acid and its salts have been demonstrated to significantly improve cardiac function in settings associated with ischemia-reperfusion (I/R) injury (**like a heart attack**). Additionally, when administered at the onset of reperfusion following ischemia in animals, **it was noted to significantly preserve left ventricle (LV) function, and also reduced infarct size.**

<https://shop.bioticsresearch.com/products/mg-orotate-500> \$28.00

Super Phosphozyme Liquid (2 oz) 20-30 drops 1-2 times a day in juice. Take 7 days on, 7 days off.

6) If tachycardia or high pulse rate is present that is an indicator that the parasympathetic nervous system is not being fed properly. To do this I prescribe a alkaline ash trace mineral blend by Pines Alfalfa Organic (500ct)(9/day).

&

Mg-Orotate 500 (90ct) (1 with meals or 2-3 a day)

7) If HDL/LDL/VLDL blood lipid figures are out of optimal range, that is an indicator that the diet is deficient in Omega 3 fatty acids; particularly the DHA/EPA family. The product I prescribe for this is—Davinci Labs OMEGA 3 HP-D 120 soft gels **Dosage: 1-2 capsules twice a day with food.**

++ Omega-3 Is Vital for Healthy Blood Pressure

Recent research highlights the importance of animal/fish-based omega-3 fats for healthy blood pressure — especially in young adults. More than 2,000 healthy men and women between the ages of 25 and 41 participated in the study. Diabetics and those with a BMI over 35, which is considered obese, were excluded. The findings showed that those with the highest serum levels of omega-3 also had the lowest blood pressure readings. On average, their systolic pressure was 4 millimeters of mercury (mm Hg) lower and their diastolic pressure was 2 mm Hg lower compared to those with the lowest omega-3 blood levels. As reported by WebMD:²⁴

"This suggests that promoting diets rich in omega-3 foods could be a strategy to prevent high blood pressure," [Dr. Mark] Filipovic said ... Even a small reduction in pressure, as little as about 5 mm Hg, could prevent a great number of strokes and heart events in the general population ...

Another recent study found that doses of omega-3 fatty acids as low as less than a gram a day could help those who already have high blood pressure reduce their numbers ... The fish oil may work by improving blood vessel function and reducing inflammation, among other things,' Filipovic said."

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The DHA/EPA Omega-3 Institute www.dhaomega3.org, a leading information provider of research on omega-3 fatty acids for health, has released highlights of research presented by leading scientists and clinical investigators at the International Society for the Study of Fatty Acids and Lipids (ISSFAL), held July 23-28 in Carins, Australia.

For more information go to:

Here is an advance look at the new research presented at this conference:

Reduction of Inducible Arrhythmia in Patients with Cardiovascular Disease by Fish Oil

In a recent pilot trial of patients with heart disease, 75% of those who took 900 mg of omega-3 fatty acids daily for at least four weeks experienced a reduced susceptibility to ventricular arrhythmia. [Read entire article.](#)

Running on Fish Oil: Benefits of Omega-3 Supplementation and Exercise

Combining fish oil supplementation with exercise resulted in a significant reduction in body fat in study participants who were obese or overweight and who had two cardiovascular disease risk factors, such as hypertension or elevated blood cholesterol. [Read entire article.](#)

Anti-Inflammatory Effects of Omega-3 Fatty Acid Supplementation on Atherosclerotic Plaques in Patients

There was significantly lower inflammation in the carotid atherosclerotic plaques removed from 60 patients who took fish oil prior to the surgery than in the plaques of those in the placebo group. [Read entire article.](#)

Fish Oil Provides 24-Hour Control of Circulating Fat Levels

Overweight men who took 3.6 grams of DHA/EPA for a 3-week duration in a cross-over controlled trial had 29-34% lower triglyceride levels than study participants who did not take DHA/EPA. [Read entire article.](#)

8) If a liver/kidney detoxification program has not been done within a year this is a very important step, as this can also heavily influence blood lipids. For the majority of Americans over consumption of refined carbohydrates and trans fatty acids (and all the chemicals that go along with processed foods) leads to liver congestion and malfunction. If the liver is congested it has a much harder time filtering toxins. Remember the liver is like an oil filter. The more clogged your liver/oil filter, the harder the heart has to work to get blood through it. So if you liver is congested your blood pressure will naturally rise to push more blood through the liver. This is called "Portal Hypertension". Typically in this condition you will see a bigger rise in the top number or the Systolic component of the blood pressure. But you see the blood pressure rise itself is not a bad symptom but just an adaptation of a congested liver. By taking a medication to lower blood pressure you are hindering the liver from doing proper detoxification. On the opposite side if your Diastolic or bottom number is high that usually indicates "Renal Hypertension". In this case the other major blood filter: the kidneys, are congested and the diastolic blood pressure increases. That being said the best overall products to accomplish both kidney and liver detoxification is [Livotrit Plus \(180 T\)](#) and [Renal Plus \(180ct\)](#). **These products should each be taken at a rate of 6 per day for two months.** These products:

- support healthy liver, gallbladder and kidney function
- encourage healthy digestive function
- enhance healthy bowel function
- encourage the healthy function of the organs of elimination
- help maintain healthy blood

If you do this detoxification program in conjunction with a moderate protein, moderate fat, low carb diet; normally any abnormal blood lipid panels will balance out quickly. Adding in the mini-trampoline/rebounder exercise I recommended will also greatly speed the effectiveness of this detoxification program. Until next time, God bless you!

9) Congestive heart failure is about as bad as it gets, but it can be helped. From my experience you have to support both the heart and kidneys and a little bit of cardio everyday will also help to get the blood pumping. See the attachment but at bare minimum you would need: Bio-CardiozymeForte(120ct)

<http://www.bioticsresearch.com/node/1594> should be taken as the foundational product for the heart. 9 a day or 3 with meals for now. Renal Plus (180ct)

<http://www.bioticsresearch.com/node/1649> for your main kidney support. 9 a day or 3 with meals for now. This is the bare minimum I would recommend for a congestive heart failure case. Two other product that could be added in for additional support are: [Argizyme \(100ct\)](#)<<additional kidney support & [Bio-CardioSirt BP™ \(8 oz\)](#) <<if the blood pressure is high.

See the testimony below of a recent congestive heart failure listener we helped, praise God!

Dr. Johnson

From: Janice Huse

Sent: Friday, January 26, 2018 6:03 AM

To: 'Scott Johnson'

Subject: RE: Standard Process Sale

Thanks! I expect Scott will be ordering some. **He's been telling everyone how the whole food supplements and diet changes have transformed his health from congestive heart failure to the best he's felt in decades.**

I don't know how you find the time to do both the product business as well as all the research, but we're glad that you do. Lord bless!
