

# End Time Current Events--10-25-15

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

The **1828 Noah Webster Dictionary** defines:

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

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

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

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

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

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++ Special Investigative Report - Dead Pets Don't Lie

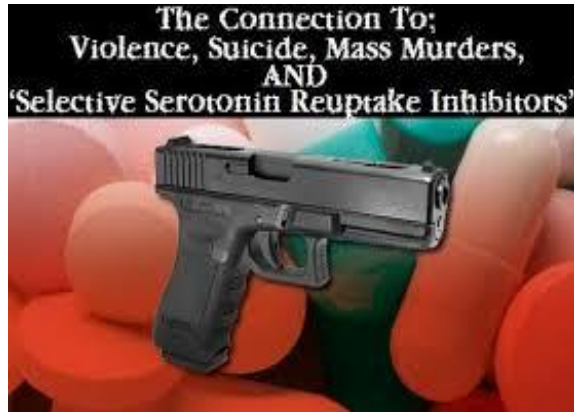
Play to 12:47 & 15:42 to 27:50: <https://youtu.be/Vh1nicCwrNs?t=45s>

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'Zombie Nation' On Verge Of Exploding - Americans Totally Unprepared For Coming Storm

[By Stefan Stanford - All News Pipeline - Live Free Or Die](#)

A comment read: **WITHOUT GOD OPENING PEOPLES EYES, THEY WILL BE COMPLETELY OVER WHELMED AND TOTALLY UNPREPARED FOR AND DESTROYED BY WHAT THEY HAVE DENIED ALL ALONG - THE MOST**



**IMPORTANT PREP IS GETTING INTO A PERSONAL RELATIONSHIP WITH JESUS CHRIST!**

We recently read a very interesting story on RT where the writer compared [America to a ticking time bomb - the only thing stopping it from exploding was the right detonator](#). The author proceeded to give us a series of reasons that the US is so fragile right now, a potential powder keg ready to explode on many fronts, and the likely detonators.

One of the reasons he tells us our nation is in

such danger was [recently addressed in a Alert](#) in which the reader asked what will happen to America if all of the anti-depression drugs that Americans are on suddenly become 'unavailable'. 'Zombie nation' the reader said comes to mind. **However, that 'little problem' would quickly be only the tip of the iceberg as America is totally unprepared, physically, mentally and most importantly, spiritually, for what is likely ahead of us.**

**++ A recent RT story reports on our declining food system with the destruction of farms and reliable food sources. We're told only 4.6 million Americans have the means to feed themselves as only approx 2% of the US population live on farms. He reminds us that the average American is a long way away from food if the shops close down. Food supply logistics stretch thousands of miles, and shops have only a few days supply we're told & any of us who have lived through a snowstorm in the DC area or Northeast knows how quickly the shops clear out when anything more than a few inches of snow is projected.**

A story from The Hill just days ago told us that [according to a study done by a group \(within the Office of the Director of National Intelligence\)](#), the risk of food scarcity is likely to rise in some places over the next decade, putting those areas at risk of social and political unrest. DeSmog blog told us days **ago the food industry itself warns of devastating food shortages that will be potentially life-threatening.**

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**Sidebar: Comment—**

**Skip the Chicken—Crickets Are the Hot New Protein** | Thrive Notebook

**I wrote this company:** I thought I misread this when your company sent this to me.

This is disgusting. Sorry this is my opinion but I see no way you are going to make converts to buy into this & market this to the masses. **This would be a last ditch protein source to a starving population.**

One comment about this subject of eating crickets read: *The legs stay in your mouth for a good while. That's probably the worst part. I thought the eyes would be the hardest. The legs look like violin bows with hair. Or are they serrated like tiny, awful knives? The torso is unsettling. It's a dull gray-brown suit of armor. Like a dirty infant lobster. But*

*eating eyes is uncomfortably intimate. You can see death in eyes. Wait, no. The torso is definitely unsettling. There are bones and guts in there, right? No food marketer ever bragged, "Now with 20% more bones and guts!"*

[https://thrivemarket.com/blog/exo-bars?uid=1045626&uaexptime=1758881414&uatoken=ccc359e856641f7199917333932c5f0892035c28e86db16824ba89540589c0db&utm\\_source=Sailthru&utm\\_medium=email&utm\\_campaign=2015\\_10\\_22\\_GWP\\_Exo\\_Clients&utm\\_term=Members\\_less\\_5\\_days\\_purchasers](https://thrivemarket.com/blog/exo-bars?uid=1045626&uaexptime=1758881414&uatoken=ccc359e856641f7199917333932c5f0892035c28e86db16824ba89540589c0db&utm_source=Sailthru&utm_medium=email&utm_campaign=2015_10_22_GWP_Exo_Clients&utm_term=Members_less_5_days_purchasers)

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A recent story from The Street tells us that according to executives from some of the food industry's biggest players, **"one of the most significant future risks to the packaged food industry isn't consumers losing interest in their products -- it's the difficulty in delivering products of any kind amid a shrinking water supply"** and while each of these stories lays the blame for what we're facing upon *'climate change' and 'global warming'*, **all we need to do is to take a look at this recent story from ENENews to understand that it's much worse now than that.**

The headline of their story alone should be enough to awaken the still sleeping masses yet they slumber onwards, completely unaware of what awaits them and totally unprepared for what may soon hit them:

**"Mind-blowing" die off of seabirds underway from California to Alaska — Experts: "This is unprecedented... Worst I've ever seen... Why they're dying, I'm still baffled" — "Every bird we're seeing is starving to death... Basically withering away" — "Catastrophic molting" due to unknown cause.**

Many have clearly forgotten that what we do to our oceans, we do to ourselves. How long until this all comes crashing down on us? What we are officially being told in this ENENews story is quite alarming.:

**San Francisco Chronicle, Oct 15, 2015 (emphasis added): [T]housands of common murre... have been found dead... "all signs point to starvation from a lack of forage fish." [Marine ecologist Kirsten Lindquist] said, adding that the same problem has been documented along the Oregon, Washington and Alaska coastlines... many endemic marine birds and mammals are suffering.**

**International Bird Rescue, Sep 22, 2015: An unprecedented number of exhausted, hungry seabirds continue to flood International Bird Rescue's San Francisco Bay Center... The sight of so many starving seabirds has raised red flags among seabird scientists...**

**Santa Cruz Sentinel, Sep 25, 2015: A troubling number of starved and weak seabirds are washing ashore on beaches from the Monterey Bay to Alaska... "There's been die-offs in the past, but this is one of the worst ones I've ever seen," said Lupin Egan, an animal technician...**

**Total blackout of Fukushima truth by U.S. media; sailors suffer and die while denial continues**

**[http://allnewspipeline.com/Food\\_Shortages\\_Spiritual\\_Preparation.php](http://allnewspipeline.com/Food_Shortages_Spiritual_Preparation.php)**

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**Bill Gates And Google Founder Working Feverishly To Eliminate Meat**  
**(Daniel Jennings) Eating meat could become a thing of the past if two of the biggest names in technology get their way.**

Microsoft founder Bill Gates and Google co-founder Sergey Brin are both promoting the idea that meat is bad for the planet and needs to be replaced.

Each of these billionaires are now actively promoting meat alternatives in an attempt to get people to stop being carnivores. **Gates is promoting plant-based alternatives to meat such as soy, while Brin has gone much farther and has financed an experiment in which “beef” was grown in a test tube.**

**See Scott Johnson’s Teaching:**

### **Is the Hallelujah Diet – Vegetarianism Biblical?**

January 7th, 2007 |

#### **PDF: Vegetarianism and the Hallelujah Diet**

Genesis 1:29 teaches a vegetarian diet **but it only applied to the generations before the flood.** Jehovah quickly added every kind of animal flesh after the Flood (Gen 9:3). And God called this a blessing on Noah and his sons (Gen 9:1-3).

**TOOLS** [Gen 9:1](#) ¶ And God blessed Noah and his sons, and said unto them, Be fruitful, and multiply, and replenish the earth.

**TOOLS** [Gen 9:2](#) And the fear of you and the dread of you shall be upon every beast of the earth, and upon every fowl of the air, upon all that moveth *upon* the earth, and upon all the fishes of the sea; **into your hand are they delivered.**

**TOOLS** [Gen 9:3](#) **Every moving thing that liveth shall be meat for you;** even as the green herb have I given you all things.

**TOOLS** [Gen 9:4](#) But flesh with the life thereof, **which is the blood thereof, shall ye not eat.**

But Reverend George, who is partial in the Word of God, **ignores this change in diet that God directed and God’s people have followed for the last 4500 years.** The first rule of Bible study **is to never take a single text to teach something different from the rest of the Bible (II Pet 1:20).** George needs to repent of his dishonesty and spend more time with his Bible instead of his juicer!

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“If what you’re doing is not seen by some people as science fiction, it’s probably not transformative enough,” Brin said in a [video](#) promoting his project.

**Gates has said the “future of meat is vegan.”**

#### **The Google Burger**

Brin contributed **\$405,000 of his own money to a project to grow hamburger from cow stem cells at Maastricht University in the Netherlands.** The scientist behind the project, Mark Post, succeeded in growing a burger that was successfully cooked and eaten in London last year.

“By our technology we actually are producing meat, **it’s just not in a cow,**” Post said. **“A few cells we take from this cow can turn into 10 tons of meat.”**

Post **takes stem cells from a cow and uses them to grow meat using techniques similar to those used to grow skin for skin grafts and other medical procedures.**

Brin believes that modern meat production is wrong and [unethical](#). He told The Guardian that he’s concerned about the welfare of cows.

Their sentiment echoes that of the radical animal rights group [People for the Ethical Treatment of Animals](#)(PETA).

Some critics also say that Brin’s burger is the next logical step in [industrialized](#) food.

Instead of helping animals, **Brin could be helping Big Food make billions in the future.**

## Bill Gates' Crusade against Meat

Gates' opposition to meat is taking a different course but employs many of the same language. Instead of financing cow stem cell research, **Gates is promoting companies that turn plant-based products into meat substitutes.** The billionaire has posted a slide show promoting his ideas and an interview with author Michael Pollan at his website. **Gates recommends two companies — Beyond Meat and Hampton Creek Foods — which are marketing vegetable-based alternatives to meat.**

"If we shift our thinking about what we eat, and how it gets to our plates, we'll be more open to the food innovations that are out there," Gates wrote.

<http://newswatch.us/bill-gates-and-google-founder-working-feverishly-to-eliminate-meat/>

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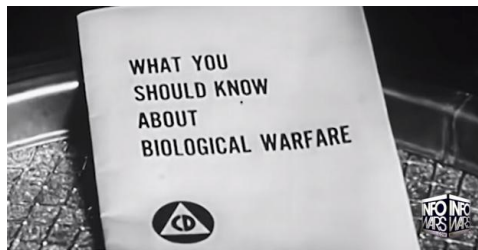
[What's really in that burger? E.coli and chicken feces both allowed by USDA - NaturalNews...](#)

[If you eat red meat, you've been eating recycled chicken feces, thanks to the FDA...](#)

[Following mad cow disease, now your chicken meat contains arsenic, too Poultry industry, like the beef industry, is steeped in evil practices](#)

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## [Germ Warfare Covertly Waged On U.S. Citizens Since 1950s](#)



Military tested biological warfare in major U.S. cities at least 239 times.

The United States military produced a classified film in 1952 documenting covert operations for offensive biological and chemical warfare. **On September 30, 2015 this film was finally declassified due to a FOIA request from Government attic.org.** The

**U.S. Navy Training film titled "Naval Concepts of Biological and Chemical Warfare" documents tests conducted on the western and eastern coastlines of the United States.**

**Play to 4:43:** <https://youtu.be/77v5jlquKSY?t=10s>

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**[Global Research 13 June:](#)** It looks like governments around the world will either force these vaccinations on the public or launch a massive propaganda campaign to trick you into submitting to a jab. **If they attempt to force these untested and essentially experimental vaccinations on you, cite the [Nuremberg Code](#), which states:** *"The voluntary consent of the human subject is essential." No experimental vaccine should be "conducted where there is a prior reason to believe that death or disabling injury will occur, except, perhaps, in those experiments where the experimental physicians also serve as a subjects."*

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## **++ The People Are Dying: Evacuate the Gulf Now!**

24 Oct, 2015 by [Dave Hodges](#)

**The people in the Gulf are in grave danger. The health reports, the geological reports and the weather reports are suggestive of one thing; the people of the Gulf are looking at greatly reduced lifespans. If they move now, they could mitigate some of the effects. The key word is some.**



From the scientific evidence that I have seen, if I lived in the Gulf, I would immediately leave to a safer location. There are many quiet voices, fearing reprisal, who say that the Deepwater Horizon oil rig, is still leaking oil. There are others, shrimp fisherman out of work, who are hired by BP to help with Corexit dispersal missions. Over five years after the accident, Corexit is still being sprayed at night by BP, for profit, and they are using people from the Gulf who have lost their incomes and need the work. They

will speak privately, but are afraid to speak out for fear of losing their income. I have spoken with a half dozen over the last three years. These Corexit spraying missions are endangering the quality of the air, the water, the land and the food. The Gulf is catastrophe of Biblical proportions waiting to consume millions with related health effects caused by Corexit. Originally, the EPA told BP, Nalco and Goldman Sachs that they could not use Corexit on the oil spill. But BP ignored the EPA. Further, as I covered 5 years ago, the Corexit does not disperse the oil, it submerges it into the water column. This sucks all the CO2 out of the water and has a devastating impact on the environment and the species inhabiting this environment.

There were strong and early indications that the use of Corexit, combined with the leaking oil, were producing, both long term and short term, catastrophic environmental and individual health effects. Oil and Corexit, used to “disperse” the oil spill have impacted untold numbers of Gulf residents’ health. Additionally, both the food supply and the food chain are being adversely impacted. The air and the subsequent evapotranspiration cycle has been irreversibly altered which, in turn, impacts the water table and the safety of water supplies as well as the safety of crops. The most devastating finding relates the events of the oil spill to the phenomena of the ever-widening Louisiana sinkholes and the related underground explosions as well as the very high concentration of toxic and highly flammable methane in the air and in the water.

One of the major threats to the Gulf Coast comes from an imperiled food supply which is the result from the explosion on the Deep Water Horizon oil rig.

Dr. Wilma Subra, a MacArthur (Genius) Award winning chemist (who investigated the effects of corexit on humans very early on) stated that the Corexit was “in the air, the water, and the food we consume”. Dr. Subra tested many people in the Gulf and found Benzene levels at 65 times the level that one would expect. This speaks to the genocide that is coming to the Gulf with regard to the contraction of various cancers and other related diseases & the health impacts that were (and are) continuing to be caused by the BP crude and dispersants. Dr. Subra also said: “We have a very, very large and very, very sick population.”

Corexit is banned in 17 countries but because it is manufactured by NALCO, both BP and Goldman Sachs profit while the people suffer.

It was known very early on that the Gulf Coast food supply was severely compromised and the health of the residents was in jeopardy, despite government denials and mainstream media cover-ups. A case in point, while dining with his family at Vinnie's Raw Bar Restaurant in the Charlotte, North Carolina area, Matthew Robertson found oil in his seafood. While covering the story, WBTV reporter, Susan Baustista, also acknowledged there was a black substance stuck to the inside of Robertson's sea food. Additionally, Channel 8, Fox News, Winston-Salem, North Carolina, was told by Vinnie's Raw Bar restaurant's manager that he did, indeed, confirm the customer's story and says he's **had problems getting oyster shipments because of contamination resulting from the oil spill, unfortunately this station saw fit to scrub the report from its website.** However, similar warnings regarding the region's food safety are appearing up and down the local Gulf Coast media on such stations as [WLOX TV](#) in Gulfport, MS. **Yet, Fox, CNN, CBS, ABC, NBC, etc., have not run one credible story on the dangers of food toxicity in the Gulf's food chain.** Granted, the abovementioned cases represent just a few anecdotal cases which are representative of tens of thousands of accounts. However, anecdotal evidence is not science and these cases could be discounted as the exception and not the rule. **Yet, the largely ignored voices of scientists echo these anecdotal claims and they do so with hard, verifiable data.**

Scientists at The University of Southern Mississippi and Tulane University have found oil in the post-larvae of blue crabs entering coastal marshes along the Gulf Coast signaling that oil may be entering estuarine food chains. **Dr. Perry observed that "I have never seen anything like this."** Larvae are at the bottom of the food chain. **Lesser life forms, are consumed by life forms which are higher on the food chain and the toxic effects of the Corexit will bioaccumulate throughout the food chain.** This conclusion echoed the findings of lab samples taken by scientists at the [Dauphin Island Sea Lab](#) shows oil from the Deepwater Horizon disaster has made its way into the Gulf food chain as well. These particular scientists have **found signs of an oil-and-dispersant mix under the shells of tiny blue crab larvae in the Gulf of Mexico which is a clear indication that the unprecedented use of dispersants in the BP oil spill has broken up the oil into toxic droplets so tiny that they have easily entered the food chain.** These studies and other similar studies remain unchallenged by the authorities with regard to methodology and results. **In short, the Obama administration is choosing to ignore these credible scientists by simply repeating the mantra that "all is well" in the Gulf of Mexico.**

Kim Anderson's Oregon State University (OSU) researchers, from the OSU College of Agricultural Sciences, began a test-retest comparative analysis for the carcinogenic contaminant polycyclic aromatic hydrocarbons (PAHs), and its biodegradable partner, OPAHs, which appears after the application of Corexit and subsequent exposure to ultraviolet rays. **Stunningly, the OSU researchers found a 40 fold increase in these carcinogenic compounds in the comparative test-retest period.** The OSU findings replicate the conclusions of Mace Barron et al regarding the toxicity of Corexit and its use in the Exxon Valdez oil spill. **The Exxon Valdez oil spill and subsequent clean-up activities provides the only case**

study in the history of the United States involving significant exposure to the types of toxins discussed in this article as the result of an oil spill. Interestingly, Anderson's Oregon State University's original data went missing forcing the research team to begin again. It is clear that somebody did not want this data to reach the public. Findings, related to the longevity of the Exxon Valdez clean-up workers, are very disturbing as the collective lifespan statistics, for the Corexit exposed cleanup crews, revealed that the average life expectancy is a mere 51 years of age and nearly all of the Exxon Valdez clean-up workers are dead. These findings can leave little doubt that BP's use of Corexit has seriously compromised the collective life span of Gulf Coast residents. I can draw no other conclusion than to state that the events in the Gulf, to date, constitute a slow-burn genocidal event in which, depending on the age of first exposure to the Corexit, the oil and the resulting methane concentrations. We can expect to see life spans (in the impacted areas) decline by as much as 25-50% with regard to longevity based upon the life-span figures from the Exxon Valdez clean-up workers. I believe that based upon the data, it is reasonable to assume that within one short generation, the life expectancy of the Gulf will rival the worst of the third world.

["Kindra Arnesen](#) lives in Plaquemines Parish, where Louisiana becomes more ocean than land as it juts out into the Gulf. Her community was hit hard by Katrina and was still rebuilding five years later, but Arnesen describes it as "a very healthy community, a thriving community" before the BP disaster. Her husband is a 45-year-old commercial fisherman and she was shocked to see his health decline a few weeks after the disaster. She and her children also soon became sick with chronic illnesses, and so did many others in her community. Kindra says, "This is not something that we're used to here. Our kids are bayou kids. They're tough." But she says the change in children's health has been the most striking: "We have kids down here that are now over 80% bald because their hair has fallen out. Their noses are bleeding... I've watched these kids go from healthy, thriving children to a shell of themselves." Her 11-year-old daughter has been ill for several years now, "She suffers from headaches, nausea, upper respiratory issues, heart palpitations, chest pains, fatigue."

[Dr. Michael Robichaux](#), a physician in Raceland, Louisiana, began to see many patients with similar symptoms and then discovered that, "People from Florida, Alabama, Mississippi and Louisiana were all experiencing almost identical problems." Robichaux sought out help, and was able to fund a detox clinic to treat chemical illnesses. The treatment improved the health of many patients, but the funds ran out. A former state senator, Robichaux is extremely frustrated with the BP settlement process related to public health impacts:

"Unfortunately the courts have let us down... I have not seen a single person who has gotten a nickel from BP for any of the illnesses. I'm talking about illnesses that are going to last for the rest of their lives".

- [Mike Robichaux Letters to Judge Barbier](#)
- [Dr. Michael Harbut&Sciencecorps](#)
- [Sworn Declarations Greenwald, Harbut, Mike Robichaux](#)
- [Non-Hazardous Oilfield Waste](#)



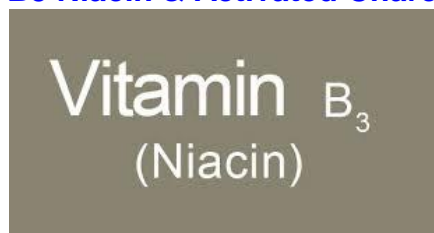
□ **Play:** [Three Amigos: The following is an interview with three women treated at our "Detox" facility in Raceland](#)

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- [Mike Robichaux Biographical Sketch](#)
- [BETRAYED - TWICE!](#)
- [Gulf Coast Detox Project](#)
- [Letters to the Judge](#)
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- [The Three Amigos: The following is an interview with three women treated at our "Detox" facility in Raceland](#)
- [Neurological Problems with BP Syndrome](#)
- [John Gooding Story](#)
- [1-6-12 John Gooding Seizure 50 secs - Broadband.m4v](#)
- [Disappearing Victims](#)
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- [BEFORE DEEPWATER HORIZON](#)
  - [THE STATE OF THE STATE \(WRITTEN IN FEBRUARY, 2009\)](#)
  - [RESPONSE TO RESONSE](#)
- [WAR IN IRAQ - BILLIONS OF DOLLARS STOLEN TENS OF THOUSANDS OF U.S. LIVES LOST OR RUINED](#)
  - [2004 PRELUDE TO WAR WAR IN IRAQ - AUGUST 2004](#)
  - [2006 - WAR PLANNED BEFORE INAUGURATION](#)
- [GOVERNMENT ACCOUNTABILITY PROJECT 3 Years After Deepwater Horizon, Report Shows Devastating Impact of Dispersant Used in "Cleanup"](#)
  - [4-19-13 GAP Report Shows Devastating Impact of Corexit Dispersant Used in Gulf "Cleanup"/ Daily Whistleblowe](#)
  - [4-18-13 Deadly Dispersants in the Gulf-Are Public Health and Environmental Tragedies the New Norm for Oil Spill Cleanups? GAP](#)
  - [4-22-13 NEWSWEEK What BP Doesn't Want You to Know About the 2010 Gulf Spill - Newsweek and The Daily Beast](#)

**THESE PEOPLE ARE DYING!  
EVACUATE THE GULF COAST NOW!**

### **B3 Niacin & Activated Charcoal DeTox**



In addition to sweating it out, the GI tract can assist as well. Dr. Yu recommended consuming activated charcoal.

**EXERCISE EXTREME CAUTION--  
LIVER FAILURE and DeTox sickness THREATS.  
Halt TREATMENT when DeTox sick-response is  
overwhelming.**

"Medic, **B3 Niacin 4000 mgs per day and Activated Charcoal intake '38 Day protocol' really works.**

"Medic, did you hear that now, **the Surgeon General & Washington DC wants to ban vitamins and stop you from helping yourself in matters of health-- you cannot be trusted with vitamins -- you must trust fiscally incompetent bankrupt warmongering & pedophile politicians on the public dole and AMA abortion mass murdering human stem cell cannibal & zombie doctors.**"

"Yeah. I heard that, Stumps. I do not trust warmongers and people who murder babies, but Hey! **That's just me... Maybe some trust,**

*respect, and admire mass baby murdering cannibal and zombies like AMA, US-FDA, POTUS and SCOTUS."*

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Residents Can Report any Health Issues From This or Related Issues to the Sinkhole Here: <http://leanweb.org/odor-and-symptom-log>

"Educational Purposes Only"

It has been over two years since the Deepwater Horizon exploded in the Gulf of Mexico. Since that time many clean-up workers and Gulf Coast residents have reported chronic health impacts that have gone inadequately addressed by the BP claims process. More alarmingly, many of these individuals are having a very difficult time finding effective relief for their symptoms. In the following video, Dr. Michael Robichaux discusses his efforts and ultimate success in finding an effective treatment program for individuals impacted in his community and all along the Gulf Coast

The program through the Gulf Coast Detoxification Project is offered free of charge and housing(provided by LEAN) may be available to individuals who are not able to travel to and from the clinic each day. To see if this program can assist you, please contact: The Gulf Coast Detox Project

Raceland, LA 70394 (985) 664 - 1394

<http://www.leanweb.org/our-work/water/bp-oil-spill/dr-michael-robichaux-speak...>

**See:**

[https://www.youtube.com/results?search\\_query=Dr.+Michael+Robichaux+treatment&spfreload=10](https://www.youtube.com/results?search_query=Dr.+Michael+Robichaux+treatment&spfreload=10)

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### **Military Vaccine, Gulf War Illness, and Gulf War Syndrome DeTox**

In addition to sweating it out, the GI tract can assist as well. Dr. Yu recommended consuming activated charcoal. Niacin is a booster rocket for detoxification

Friday, July 29, 2011 by: Paul Fassa

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more: [http://www.naturalnews.com/033168\\_niacin\\_detoxification.html#ixzz29K3qDNBS](http://www.naturalnews.com/033168_niacin_detoxification.html#ixzz29K3qDNBS) (NaturalNews) There are several approaches for detoxifying yourself from heavy metals and other toxic materials. Enemas, chelating agents, fasting, and sauna are all open to one's preference. But there is a booster rocket to accelerate any detox method you choose. It's called niacin, or vitamin B3.

The Need to Detox Regularly

We are immersed in a toxic environment. Of the over 75,000 chemicals produced in North America, 20,000 cannot be naturally eliminated by our bodies. Out of the 75,000 chemicals in our toxic environment, 3000 go into the food supply.

Avoiding what we know to be toxic is a great step toward detoxification. But there are toxins that won't be eliminated completely. That's because fat cells will store toxins that cannot be metabolized or eliminated. Many of us have anywhere from 400 to 800 toxins stored in fat cells. And fat cells are not eliminated completely by diet or exercise. They will shrink, but they can grow again.

**So how can niacin be a booster rocket for detoxing? Niacin ruptures the fat cells that store toxins, thus releasing those stored toxins to be eliminated. This is called lipolysis. The niacin proposed is not buffered niacinamide, which doesn't make your face and neck flush and tingle intensely. Use the niacin that makes**

**you blush.**

This protocol was developed primarily to help drug addicts detox drug toxins stored in fats. The idea was to get rid of all the drug residue that would haunt them with cravings after kicking their habit. It worked very well. So Dr. Yu thought it would be wise for non-addicts to use this method for "normal detoxification". He gave a lecture on this during a Longevity Conference hosted by nutrition expert David Wolfe. **Dr. Yu spoke of starting with a low amount of niacin, 50 mgs or so depending on your tolerance, and gradually building to a maximum of 500 mgs. Up to 5000 mgs has been used for those gravely ill from drug use and toxic events, such as Gulf War Syndrome.**

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Most of us know that toxins released suddenly need to be eliminated. The liver, kidneys, and other organs can be seriously damaged. One can be overwhelmed by a vicious Herxheimer event or "healing crisis". The protocol for addicts mostly involved eliminating through the skin.

They were put into an exercise regimen and ushered into saunas to literally sweat it out. One only needs to begin perspiring from whatever exercise that is do-able. Then the sauna takes over for a half hour to 45 minutes.

In addition to sweating it out, the GI tract can assist as well. Dr. Yu recommended consuming activated charcoal. It works by adsorbing toxins, not absorbing. Adsorption is more like chelating, hitching to electrons of toxins and taking them out through the stool or urine. More details on activated charcoal for detoxification are available in this Natural News

article:[http://www.naturalnews.com/028461\\_activated\\_charcoal\\_medicine.html](http://www.naturalnews.com/028461_activated_charcoal_medicine.html)

Any other detox protocol or agent can be added to the niacin booster rocket.

Bentonite clay, zeolite, cilantro pesto and chlorella are fine too. To protect a weakened liver, one may use gall bladder flushes and/or coffee enemas also. More on cleaning the liver with this Natural News

article: [http://www.naturalnews.com/031984\\_liver\\_cleansing.html](http://www.naturalnews.com/031984_liver_cleansing.html)

The booster rocket is plain tingly fire in the face and upper body niacin. High doses of niacin have been used in orthomolecular medicine/psychiatry since the 1950s for a variety of health problems, even schizophrenia. So it's safe and inexpensive and can be taken as often and long as you want. **Comment: I don't agree with this last statement.**

Sources for more information include:

<http://www.orthomolecularvitamincentre.com/clinicaluse.php>

<http://www.articlesbase.com/womens-health-articles/the-ugly-truth-abo...>

<http://foodfreedom.wordpress.com/2011/06/29/how-to-get-the-400-to-800...>

<http://en.wikipedia.org/wiki/Niacin>

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One comment said: note:

**B3 Niacin DeTox can be painful. It should not be undertaken by any on Rx Drugs - get off the Pharmakia Rx poisons. Heart patients should eradicate all plaque with IV gas ozone. Gas ozone IV has the additional benefit of clearing brain micro-**

circulatory sclerosis-- VMAc and AMA will not tell you this-- they'd like to chop your skull open or warehouse you in a diaper.

B3 Niacin initial DeTox start slow and work up to 1000 to 2000 mg per day-- any with service connected mil **spec injuries of 80% or more can expect mild to severe pain at injury sites, general lethargy, tiredness, body weakness, however, heightened mental acuity and capability is immediately evident as toxins leave the fat of your brain, especially Pineal gland.**

DeTox Days 1 and 2 are very tough. DeTox Day 3 is more tolerable. One may find one's own sweat to be like acid and a topical skin irritant. B3 Niacin 'sits on the stomach like an acidic rock'-- never ingest B3 Niacin on an empty stomach.

<https://sites.google.com/site/b3niacindetox/>

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